

Competition Schedule

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



SUN 7 JUL 2024

Time	Event	Remark
13:12	Hammer Throw Men	
	Hammer Throw Women	
13:13	200m Men	Regional
13:15	Triathlon Shot Put	
13:19	200m Women	Regional
13:25	800m Men	Regional
13:31	800m Women	Regional
13:37	400m Men	Regional
13:43	400m Women	Regional
13:51	LIFA Relays	
14:02	3000m Mixed	
14:10	Triathlon Long Jump	
14:35	High Jump Women	
14:47	400m Men	Paralympic
14:55	400m Women	Paralympic
15:07	Pole Vault Men	
15:08	110m Hurdles Men	Round 1 Heat 1
15:15	Discus Throw Women	
15:16	110m Hurdles Men	Round 1 Heat 2
15:24	Triathlon 110m Hurdles	
15:36	100m Men	
15:44	100m Women	
16:04	400m Hurdles Men	
16:15	800m Men	
16:19	Long Jump Women	
16:23	3000m Steeplechase Men	
16:40	Javelin Throw Men	
16:42	110m Hurdles Men	
16:51	400m Women	
17:00	100m Women	
17:06	3000m Men	
17:21	200m Men	
17:31	3000m Steeplechase Women	
17:50	1500m Women	