|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **THURSDAY, 1st AUGUST 2019** | |  |  |  | **Times to call room** | |
|  |  |  |  |  | Track | 15mins before event |
| **Event** | **Gender** | **Last Entry to Call Room** | **Start** |  | Hurdles | 20mins before event |
| Primary School 1000m | Girls | 5.15pm | 5.30pm |  | Field | 40mins before event |
| Primary School 1000m | Boys | 5.15pm | 5.30pm |  |  |  |
| Inter 100m | Girls | 5.30pm | 5.45pm |  |  |  |
| Junior 100m | Boys | 5.30pm | 5.45pm |  |  |  |
| Inter 800m | Boys | 5.45pm | 6.00pm |  |  |  |
| Junior 800m | Girls | 5.45pm | 6.00pm |  |  |  |
|  |  |  |  |  |  |  |
| Hammer | Mixed | 4.50pm | 5.30pm |  |  |  |
| 100mH | Women | 6.10pm | 6.30pm |  |  |  |
| Long Jump | Men | 5.50pm | 6.30pm |  |  |  |
| 110mH | Men | 6.20pm | 6.40pm |  |  |  |
| 4x100m Relay | Women | 6.30pm | 6.50pm |  |  |  |
| 4x100m Relay | Men | 6.35pm | 6.55pm |  |  |  |
| 800m | Men | 6.45pm | 7.00pm |  |  |  |
| 800m | Wheelchair | 7.00pm | 7.15pm |  |  |  |
| 100m A | Women | 7.10pm | 7.25pm |  |  |  |
| 100m B | Women | 7.15pm | 7.30pm |  |  |  |
| 100m A | Men | 7.20pm | 7.35pm |  |  |  |
| 100m B | Men | 7.25pm | 7.40pm |  |  |  |
| High Jump | Women | 6.45pm | 7.25pm |  |  |  |
| 800m | Women | 7.30pm | 7.45pm |  |  |  |
| 400m A | Men | 7.40pm | 7.55pm |  |  |  |
| 400m B | Men | 7.45pm | 8.00pm |  |  |  |
| Discus | Mixed | 7.00pm | 7.40pm |  |  |  |
| 3000m | Women | 7.50pm | 8.05pm |  |  |  |
| 200m A | Men | 8.10pm | 8.25pm |  |  |  |
| 200m B | Men | 8.15pm | 8.30pm |  |  |  |
| 200m | Women | 8.20pm | 8.35pm |  |  |  |
| Javelin | Mixed | 7.50pm | 8.30pm |  |  |  |
| Triple Jump | Mixed | 7.50pm | 8.30pm |  |  |  |
| 5000m | Men | 8.25pm | 8.40pm |  |  |  |

**Call Room Schedule**

