

LIA 2021 DRAFT TIMETABLE v5

Start Time	Event No	Track	Field
11:00:00	T1	Women's guest 400mH	
11:05:00	F1		Men's hammer
11:10:00	T2	Men's guest 400mH	
11:15:00	F2		Women's Triple Jump
11:20:00	T3	Men's guest 100m A	
11:23:00	F3		Men's High Jump
11:25:00	T4	Men's guest 100m B	
11:35:00	T5	Women's guest 100m A	
11:40:00	T6	Women's guest 100m B	
11:50:00	T7	Men's guest 400m A	
11:56:00	T8	Men's guest 400m B	
12:02:00	T9	Women's guest 400m A	
12:08:00	T10	Women's guest 400m B	
12:15:00	F4		Women's hammer
12:20:00	T11	U20 Men's guest 110mH	
12:28:00	F5		Men's triple jump
12:30:00	T12	Women's 100mH Guest	
12:50:00	F6		Men's Shot
12:55:00	T13	Men's 4 x 100m	
13:00:00	F7		Men's Pole Vault
13:10:00	T14	Women's 4 x 100m	
13:35:00	F8		Men's and Women's javelin
13:30:00	T15	Men's Para 1500m	
13:50:00	T16	Men's Guest 200m A	
13:55:00	T17	Men's Guest 200m B	
14:00:00	T18	Women's Guest 200m	
14:05:00	F9		Men's long jump
14:12:00	T19	Men's 400m	
14:15:00	F10		Women's High Jump
14:18:00	T20	Women's 400m	
14:24:00	T21	Men's 800m	
14:32:00	T22	Women's 800m	
14:40:00	T23	Women's 400H	
14:50:00	T24	Men's 400mH	
15:00:00	T25	Men's 3000m s/chase	
15:13:00	T26	Men's Para 100m	
15:20:00	T27	Women's Para 100m	
15:25:00	T28	Men's 100m	
15:30:00	T29	Women's 100m	
15:37:00	T30	Women's 3000m s/chase	
15:40:00	F11		Women's discus
15:45:00	F12		Women's Pole Vault
15:50:00	T31	Men's 200m	
15:56:00	T32	Women's 200m	

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16:00:00	F13		Women's Long Jump
16:02:00	T33	Men's 3000m	
16:25:00	T34	Women's 100mH	
16:35:00	T35	Men's 110mH	
16:40:00	F14		Women's Shot
16:45:00	T36	Women's 3000m	
16:57:00	T37	Men's 1500m	
16:50:00	F15		Men's discus
17:04:00	T38	Women's 1500m	
17:20:00	T39	Men's 4 x 400m	
17:30:00	T40	Women's 4 x 400m	