



IAAF CONTINENTAL CUP OSTRAVA (CZE) – 8 /9 September 2018

Updated timetable (30 July)

DAY 1 - Saturday, 8 September		
14:20	Opening	
14:30	Hammer Throw	W
14:35	High Jump	M
14:40	100m H	W
14:52	200m	M
15:00	Triple Jump	W
15:15	100m	W
15:25	1500m	W
15:47	400m	W
15:52	Discus Throw	M
15:57	Pole Vault	W
15:59	3000m SC	M
16:14	400m H	M
16:22	Long Jump	M
16:35	3000m	W
16:52	Shot Put	M
17:10	Discus Throw	W
17:12	800m	M
17:34	4x100m R	W
17:56	4x100m R	M

DAY 2 - Sunday, 9 September		
14:30	Opening	
14:38	Hammer Throw	M
14:43	High Jump	W
15:00	Triple Jump	M
15:03	110m H	M
15:24	800m	W
15:32	Pole Vault	M
15:48	200m	W
15:57	400m	M
16:05	Javelin Throw	M
16:10	3000m SC	W
16:25	Long Jump	W
16:30	400m H	W
16:48	1500m	M
16:57	Shot Put	W
17:13	Javelin Throw	W
17:15	3000m	M
17:39	100m	M
17:59	4 x 400m Mixed R	X
18:06	CUP	