

IAAF Continental Cup Ostrava 2018

Timetable

DAY 1 - Saturday, 8 September		
14:30	Opening ceremony	
14:40	Hammer	W
14:45	High jump	M
14:50	100m hurdles	W
15:02	200m	M
15:10	Triple jump	W
15:25	100m	W
15:35	1500m	W
15:55	400m	W
16:00	Discus	M
16:05	Pole vault	W
16:07	3000m steeplechase	M
16:22	400m hurdles	M
16:30	Long jump	M
16:43	3000m	W
16:56	Shot put	M
17:14	Discus	W
17:16	800m	M
17:38	4x100m relay	W
17:55	4x100m relay	M

DAY 2 - Sunday, 9 September		
14:30	Kids relay	
14:40	Hammer	M
14:45	High jump	W
15:02	Triple jump	M
15:05	110m hurdles	M
15:48	200m	W
15:26	800m	W
15:34	Pole vault	M
15:57	400m	M
16:05	Javelin	M
16:10	3000m steeplechase	W
16:25	Long jump	W
16:30	400m H	W
16:48	1500m	M
16:58	Shot put	W
17:10	Javelin	W
17:12	3000m	M
17:36	100m	M
17:53	4x400m mixed relay	
18:00	Cup	