



Comitato Regionale **FRIULI VENEZIA GIULIA**



IO SONO FRIULI VENEZIA GIULIA

SEMI FINAL TIMETABLE

SATURDAY 20 JULY 2024

COMPETITION MALE	CALL ROOM	START RACE	COMPETITION FEMALE
Javelin 800 gr Male	14:50	15:20	
200m Male	15:05	15:25	
High jump Male	14:50	15:30	
	14:45	15:35	Pole vault Female
	15:20	15:40	200m Female
100m EXTRA Male	15:40	16:00	
	15:55	16:15	100m EXTRA Female
	15:50	16:20	Javelin 600 gr. Female
400m Male	16:15	16:35	
	16:30	16:50	400m Female
Long jump Male	16:45	17:15	
	16:55	17:20	Shot put 4 kg. Female
1500m Male	17:00	17:20	
	17:15	17:35	1500m Female
4x100m Male	17:50	18:10	
	18:10	18:30	4x100m Female

SUNDAY 21 JULY 2024

COMPETITION MALE	CALL ROOM	START RACE	COMPETITION FEMALE
	8:50	9:30	High jump Female
3000st Male	9:10	9.30	
Hammer throw 7,260kg Male	9:00	9:30	
Pole vault Male	8:50	9:40	
	9:30	9.50	3000st Female
400hs Male	9:50	10:10	
800m Male	10:15	10:35	
	10:15	10:40	Discus throw 1kg Female
	10:35	10:55	800m Female
	10:40	11:10	Long Jump Female
	11:10	11:30	100hs Female
Shot put 7,260 Male	11:05	11:30	
4x400m MISTA M+F	12:10:00	12:30	4x400m MISTA M+F