



Comitato Regionale **FRIULI VENEZIA GIULIA**



WORLD ATHLETICS. **PORDENONE**

# IO SONO FRIULI VENEZIA GIULIA

## TIMETABLE (v. 18/07/2024)

### SATURDAY 20 JULY 2024

M	F	CALL ROOM	START
Javelin Throw 800g		14:50	15:20
200 heats 1, 2		15:05	15:25
High Jump		14:50	15:30
	Pole Vault	14:45	15:35
	200 heats 1, 2	15:20	15:40
100 extra heats 1, 2, 3		15:40	16:00
	100 extra heats 1, 2, 3	15:55	16:15
	Javelin Throw 600g	15:50	16:20
400 heats 1, 2		16:15	16:35
	400 heats 1, 2	16:3	16:55
Long Jump		16:45	17:15
	Shot Put 4Kg	16:55	17:20
1500		17:00	17:20
	1500	17:15	17:35
	4x100 heats 1, 2	17:50	18:10
4x100 heats 1, 2		18:05	18:25

### SUNDAY 21 JULY 2024

M	F	CALL ROOM	START
	High Jump	08:50:00	09:30
Hammer Throw 7.260Kg		09:00:00	09:30
3000st		09:10:00	09:30
Pole Vault		08:50:00	09:40
	3000st	09:30:00	09:50
400hs heats 1, 2		09:55:00	10:15
	800	10:10:00	10:30
	Discus Throw 1Kg	10:15:00	10:40
800		10:20:00	10:40
	100hs heats 1, 2	10:55:00	11:15
	Long Jump	10:40:00	11:10
Shot Put 7.260Kg		11:05:00	11:30
	4x400 Mixed	12:10:00	12:30

