

BALTIC TEAM CHAMPIONSHIPS/ PRESIDENT'S CUP
06.-07.07.2024.
VALMIERA, LATVIA

COMPETITION TIMETABLE

DAY 1

| TIME | EVENT | SEX |
|-------------|---------------|------------|
| 17:00 | Hammer Throw | W, M |
| 17:30 | 110 mH | M |
| 17:40 | Pole Vault | W |
| 17:45 | 100 mH | W |
| 17:50 | Long Jump | W, M |
| 18:00 | 3000 m SC | M |
| 18:15 | High Jump | M |
| 18:20 | 3000 m SC | W |
| 18:40 | 400 m | W |
| 18:45 | Shot Put | W, M |
| 18:50 | 400 m | M |
| 19:00 | Javelin Throw | W, M |
| 19:05 | 100 m | W |
| 19:15 | 100 m | M |
| 19:25 | 1500 m | W |
| 19:35 | 1500 m | M |
| 19:50 | 4x100 m | W |
| 20:00 | 4x100 m | M |

DAY 2

| TIME | EVENT | SEX |
|-------------|---------------------|------------|
| 10:30 | 5000 m & 10000 m RW | W, M |
| 11:30 | 5000 m | M |
| 11:35 | Discus Throw | W, M |
| 11:40 | Triple Jump | M |
| 11:55 | 400 mH | M |
| 12:05 | Pole Vault | M |
| 12:10 | 400 mH | W |
| 12:20 | High Jump | W |
| 12:25 | 800 m | W |
| 12:35 | 800 m | M |
| 12:50 | 200 m | W |
| 13:00 | 200 m | M |
| 13:05 | Triple Jump | W |
| 13:15 | 5000 m | W |
| 13:50 | 4x400 m mixed relay | W+M |
| 14:15 | TEAM AWARD CEREMONY | |