

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
12:25	800 m	W
12:35	800 m	M
12:40	High Jump	W
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	