



BALTIC TEAM CHAMPIONSHIPS

(PRESIDENT'S CUP)

TIMETABLE

DAY 1 (15.06.2019.)

15.30	Discus Throw Women
16.05	4x100 m Women
16.15	Triple Jump Women
16.20	4x100 m Men
16.30	Pole Vault Women (260-280-300-310-320-330-340-350-355-360-...)
16.40	3000 m/steeplechase Women
16.55	1500 m Men
17.10	Javelin Throw Women
17.20	<i>Award ceremony (Discus Throw Women, 4x100m Women & Men, 1500 m Men, 3000 m/SC Women, Triple Jump Women)</i>
17.40	800 m Women
18.00	Long Jump Men
18.05	5000 m Men
18.25	High Jump Women (155-160-165-170-173-176-179-181-183-...)
18.40	Javelin Throw Men
18.45	<i>Award ceremony (Pole Vault Women, Javelin Throw Women, 800 m Women, 5000 m Men)</i>
19.05	400 m Women
19.15	400 m Men
19.30	100 m Men (individual race)
19.35	100 m Women (individual race)
19.45	<i>Award ceremony (Long Jump Men, High Jump Women, Javelin Throw Men, 400 m Women, 400 m Men)</i>
20.00	Opening ceremony
20.30	100 m Women
20.35	100 m Men

BALTIC STATES TEAM CHAMPIONSHIPS
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TIMETABLE
DAY 2 (16.06.2019)

9.30	5000 m Walking Women
9.30	10 000 m Walking Men
10.20	Discus Throw Men
11.00	Pole Vault Men (380-400-420-430-440-450-460-470-480-485-490-...)
11.20	400 m/H Men
11.35	400 m/H Women
11.50	Shot put Men
11.55	5000 m Women
12.05	Triple Jump Men
12.25	<i>Award ceremony (100m Women & Men, 5000 m Walking Women, 10 000 m Walking Men, Discus Throw Men, 400 m/H Women & Men, 5000 m Women)</i>
12.40	800 m Men
12.55	100 m/H Women
13.10	1500 m Women
13.20	<i>Award ceremony (Pole Vault Men, Shot put Men, Triple Jump Men, 800 m Men, 100 m/H Women, Hammer Throw Women & Men)</i>
13.30	High Jump Men (180-185-190-195-198-201-204-206-...)
13.35	Long Jump Women
13.40	110 m/H Men
13.45	Shot put Women
14.00	200 m Women
14.10	200 m Men
14.25	<i>Award ceremony (1500 m Women, 110 m/H Men, 200 m Women & Men)</i>
14.35	3000 m/SC Men
14.50	4x400 m Women
15.00	4x400 m Men
15.15	<i>Award ceremony (High Jump Men, Long Jump Women, Shot put Women, 3000 m/SC Men, 4x400 m Women & Men)</i>
	Salaspils stadium
9.30	Hammer Throw Women
11.00	Hammer Throw Men