



IAAF CONTINENTAL CUP OSTRAVA, CZECH REPUBLIC – 08 -09 SEPTEMBER 2018

DAY 1 - Saturday, 8 September		
14:30	Opening Ceremony	
14:40	Hammer Throw	W
14:45	High Jump	M
14:50	100m H	W
15:02	200m	M
15:10	Triple Jump	W
15:11	Hammer Throw	W
15:25	100m	W
15:35	1500m	W
15:43	Triple Jump	W
15:55	400m	W
16:00	Discus Throw	M
16:05	Pole Vault	W
16:07	3000m SC	M
16:22	400m H	M
16:30	Long Jump	M
16:31	Discus Throw	M
16:43	3000m	W
16:56	Shot Put	M
17:03	Long Jump	M
17:14	Discus Throw	W
17:16	800m	M
17:23	Shot Put	M
17:38	4x100m R	W
17:45	Discus Throw	W
17:55	4x100m R	M

DAY 2 - Sunday, 9 September		
14:30	Kids Relay	
14:40	Hammer Throw	M
14:45	High Jump	W
15:02	Triple Jump	M
15:05	110m H	M
15:11	Hammer Throw	M
15:48	200m	W
15:26	800m	W
15:34	Pole Vault	M
15:35	Triple Jump	M
15:57	400m	M
16:05	Javelin Throw	M
16:10	3000m SC	W
16:25	Long Jump	W
16:30	400m H	W
16:36	Javelin Throw	M
16:48	1500m	M
16:58	Shot Put	W
16:58	Long Jump	W
17:10	Javelin Throw	W
17:12	3000m	M
17:25	Shot Put	W
17:36	100m	M
17:41	Javelin Throw	W
17:53	4 x 400m Mixed R	
18:00	CUP	