

International Match U23/ Olympic Hopes Tournament

Kraków, 20.07.2024 r.

Ver. 3.0, 27.05.2024

Start Time	Track Events	Horizontal Jumps	Vertical Jumps	Throws	End Time
10:00					
10:05		Long Jump W		Javelin Throw M	10:54
10:45			High Jump W		11:00
11:30				Javelin Throw W	12:00
11:35		Long Jump M			12:22
12:00	100 W not ranked				12:30
12:15	100 M not ranked				12:03
12:15					12:18
12:30 Opening Ceremony 12:40					
12:40	400 M not ranked				12:43
12:45			Pole Vault W		14:25
12:50	400 W not ranked				12:53
13:00				Discus Throw M	13:50
13:05	110h M				13:07
13:10			High Jump M		14:20
13:20	100h W				13:22
13:35	100 M				13:37
13:40		Triple Jump W			14:25
13:45	100 W				13:47
14:05	400h M				14:08
14:25				Discus Throw W	15:15
14:15	400h W				14:18
14:30	400 M				14:33
14:40	400 W				14:43
14:55	200 M				14:57
15:05	200 W				15:07
15:10		Triple Jump M			15:55
15:15	1500 M				15:20
15:25	1500 W				15:31
15:40	800 M				15:44
15:45				Shot Put M	16:33
15:50	800 W				15:54
16:00				Hammer Throw M	16:55
16:05	3000st M				16:15
16:20	3000st W				16:31
16:25			Pole Vault M		18:00
16:35	5000 M				16:52
16:55	5000 W				17:15
17:20	10 000 RW W				18:10
17:40				Hammer Throw W	18:28
17:50				Shot Put W	18:40
18:15	10 000 RW M				19:05
19:10	4x100 M				19:15
19:20	4x100 W				19:25
19:30	4x400 M				19:36
19:40	4x400 W				19:46
19:55 Closing Ceremony 20:00					