

Venue
Training

Silesian Stadium
TBD

Date	Time	Type	Gender	
Tuesday, 20th June 2023		Competition Day 1		
Third Division - Morning Session	09:15	Shot Put	W	
	09:20	Hammer Throw	W	
	10:05	400m	W	
	10:15	Shot Put F	W	
	10:22	Triple Jump	M	
	10:26	Hammer Throw F	W	
	10:35	400m	M	
	10:55	5000m	W	
	11:15	Discus Throw	W	
	11:20	Pole Vault A	M	
	11:20	Pole Vault B	M	
	11:28	800m	M	
	11:39	Triple Jump F	M	
	11:55	3000m SC	M	
	12:21	Discus Throw F	W	
	12:30	100m	W	
	12:50	100m	M	
	Second Division - Evening Session	16:15	Shot Put	W
		16:20	Hammer Throw	W
		17:05	400m	W
17:15		Shot Put F	W	
17:22		Triple Jump	M	
17:26		Hammer Throw F	W	
17:35		400m	M	
17:55		5000m	W	
18:15		Discus Throw	W	
18:20		Pole Vault A	M	
18:20		Pole Vault B	M	
18:28		800m	M	
18:39		Triple Jump F	M	
18:55		3000m SC	M	
19:21		Discus Throw F	W	
19:30		100m	W	
19:50		100m	M	
Wednesday, 21st June 2023		Competition Day 2		
Third Division - Morning Session		09:10	Hammer Throw	M
		09:20	Long Jump	M
	09:55	Pole Vault	W	
	09:55	Pole Vault	W	
	10:05	110m Hurdles	M	
	10:15	Hammer Throw F	M	
	10:25	100m Hurdles	W	
	10:36	Long Jump F	M	
	10:50	800m	W	

	11:10	1500m	M
	11:15	Discus Throw	M
	11:26	Triple Jump	W
	11:40	400m Hurdles	W
	12:05	400m Hurdles	M
	12:20	Discus Throw F	M
	12:30	4x100m	W
	12:41	Triple Jump F	W
	12:50	4x100m	M
Second Division - Evening Session	16:10	Hammer Throw	M
	16:20	Long Jump	M
	16:55	Pole Vault	W
	16:55	Pole Vault	W
	17:05	110m Hurdles	M
	17:15	Hammer Throw F	M
	17:25	100m Hurdles	W
	17:36	Long Jump F	M
	17:50	800m	W
	18:10	1500m	M
	18:15	Discus Throw	M
	18:26	Triple Jump	W
	18:40	400m Hurdles	W
	19:05	400m Hurdles	M
	19:20	Discus Throw F	M
	19:30	4x100m	W
	19:41	Triple Jump F	W
	19:50	4x100m	M

Thursday, 22nd June 2023

Competition Day 3

Third Division - Morning Session	09:30	Javelin Throw	W
	09:35	High Jump A	M
	09:35	High Jump B	M
	10:05	200m	W
	10:25	200m	M
	10:28	Shot Put	M
	10:34	Javelin Throw F	W
	10:55	Long Jump	W
	11:05	3000m SC	W
	11:25	High Jump A	W
	11:25	High Jump B	W
	11:27	Shot Put F	M
	11:33	Javelin Throw	M
	11:40	5000m	M
	12:10	Long Jump F	W
	12:20	1500m	W
	12:38	Javelin Throw F	M
	12:45	4 x 400m Mixed	X
Second Division - Evening Session	16:30	Javelin Throw	W
	16:35	High Jump A	M
	16:35	High Jump B	M
	17:05	200m	W
	17:25	200m	M
	17:28	Shot Put	M

17:34	Javelin Throw F	W
17:55	Long Jump	W
18:05	3000m SC	W
18:25	High Jump A	W
18:25	High Jump B	W
18:27	Shot Put F	M
18:33	Javelin Throw	M
18:40	5000m	M
19:10	Long Jump F	W
19:20	1500m	W
19:38	Javelin Throw F	M
19:45	4 x 400m Mixed	X

Friday, 23rd June 2023

Competition Day 4

Departure Day for Third and Second Division

First Division - Evening Session	16:15	Shot Put	W
	16:20	Hammer Throw	W
	17:05	400m	W
	17:15	Shot Put F	W
	17:22	Triple Jump	M
	17:26	Hammer Throw F	W
	17:35	400m	M
	17:55	5000m	W
	18:15	Discus Throw	W
	18:20	Pole Vault A	M
	18:20	Pole Vault B	M
	18:28	800m	M
	18:39	Triple Jump F	M
	18:55	3000m SC	M
	19:21	Discus Throw F	W
	19:30	100m	W
	19:50	100m	M

Saturday, 24th June 2023

Competition Day 5

First Division - Evening Session	15:10	Hammer Throw	M
	15:20	Long Jump	M
	15:55	Pole Vault	W
	15:55	Pole Vault	W
	16:05	110m Hurdles	M
	16:15	Hammer Throw F	M
	16:25	100m Hurdles	W
	16:36	Long Jump F	M
	16:50	800m	W
	17:10	1500m	M
	17:15	Discus Throw	M
	17:26	Triple Jump	W
	17:40	400m Hurdles	W
	18:05	400m Hurdles	M
	18:20	Discus Throw F	M
	18:30	4x100m	W
	18:41	Triple Jump F	W
	18:50	4x100m	M

Sunday, 25th June 2023

Competition Day 6

First Division - Evening Session	15:30	Javelin Throw	W
	15:35	High Jump A	M
	15:35	High Jump B	M
	16:05	200m	W
	16:25	200m	M
	16:28	Shot Put	M
	16:34	Javelin Throw F	W
	16:55	Long Jump	W
	17:05	3000m SC	W
	17:25	High Jump A	W
	17:25	High Jump B	W
	17:27	Shot Put F	M
	17:33	Javelin Throw	M
	17:40	5000m	M
	18:10	Long Jump F	W
	18:20	1500m	W
	18:38	Javelin Throw F	M
	18:45	4 x 400m Mixed	X

Monday, 26th June 2023

Departure Day for First Division