Venue Silesian Stadium Training TBD

Date	Time	Туре	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	М
Second Division - Evening Session	16:15	Shot Put	W
G	16:20	Hammer Throw	W
	17:05	400m	W
	17:15	Shot Put F	W
	17:22	Triple Jump	М
	17:26	Hammer Throw F	W
	17:35	400m	М
	17:55	5000m	W
	18:15	Discus Throw	W
	18:20	Pole Vault A	М
	18:20	Pole Vault B	M
	18:28	800m	М
	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

11:15		44.40	4500	
11:26		11:10	1500m	M
11:40				
12:05				
12:20				
12:30		12:05		M
12:41		12:20	Discus Throw F	M
12:50		12:30	4x100m	W
Second Division - Evening Session		12:41	Triple Jump F	W
16:20		12:50	4x100m	M
16:55	Second Division - Evening Session	16:10	Hammer Throw	М
16:55		16:20	Long Jump	M
17:05		16:55	Pole Vault	W
17:15		16:55	Pole Vault	W
17:15		17:05	110m Hurdles	М
17:25 100m Hurdles W 17:36 Long Jump F M M 17:50 800m W W 18:10 1500m M 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 M M M M M M M M				
17:36				
17:50				
18:10				
18:15				
18:26 Triple Jump W 18:40				
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 Competition Day 3 Third Division - Morning Session 09:30 Javelin Throw W 09:35 High Jump A M M 09:35 High Jump B M M 10:05 200m M M 10:25 200m M M 10:28 Shot Put M M 10:34 Javelin Throw F W W 10:55 Long Jump W W 11:05 3000m SC W W 11:25 High Jump B W 11:27 Shot Put F M 11:25 High Jump B W 11:27 Shot Put F M 11:33 Javelin Throw				
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 M M M M M M M M			·	
19:20				
19:30				M
19:41				
Thursday, 22nd June 2023 Competition Day 3		19:30	4x100m	W
Thursday, 22nd June 2023		19:41	Triple Jump F	W
Third Division - Morning Session 09:30 09:35 High Jump A M 09:35 High Jump B M 10:05 200m M 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 A W 11:25 High Jump B 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 Second Division - Evening Session		19:50	4x100m	M
09:35 High Jump A M	Thursday, 22nd June 2023		Competition Day 3	
09:35	Third Division - Morning Session	09:30	Javelin Throw	W
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 M 16:35 High Jump A M		09:35	High Jump A	M
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 12:38 Javelin Throw F M 12:45 4 x 400m Mixed X Second Division - Evening Session 16:30 Javelin Throw M 16:35 High Jump A M		09:35	High Jump B	M
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 12:38 Javelin Throw F M 12:45 4 x 400m Mixed X Second Division - Evening Session 16:30 Javelin Throw M 16:35 High Jump A M		10:05	200m	W
10:28				
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				М
10:55		10:28	Shot Put	
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 High Jump A				М
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 High Jump A M		10:34	Javelin Throw F	M 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		10:34 10:55	Javelin Throw F Long Jump	M W 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		10:34 10:55 11:05	Javelin Throw F Long Jump 3000m SC	M W W
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		10:34 10:55 11:05 11:25	Javelin Throw F Long Jump 3000m SC High Jump A	M W W W
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		10:34 10:55 11:05 11:25 11:25	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B	M W W W
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		10:34 10:55 11:05 11:25 11:25 11:27	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F	M W W W 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		10:34 10:55 11:05 11:25 11:25 11:27 11:33	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw	M W W W W M
12:38 12:45Javelin Throw F 4 x 400m MixedM XSecond Division - Evening Session16:30 16:35Javelin Throw High Jump AW M		10:34 10:55 11:05 11:25 11:25 11:27 11:33 11:40	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m	M W W W W M M
Second Division - Evening Session 16:30 Javelin Throw W 16:35 High Jump A M		10:34 10:55 11:05 11:25 11:25 11:27 11:33 11:40 12:10	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F	M W W W W M M
Second Division - Evening Session 16:30 Javelin Throw W 16:35 High Jump A M		10:34 10:55 11:05 11:25 11:25 11:27 11:33 11:40 12:10 12:20	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m	M W W W W M M M
16:35 High Jump A M		10:34 10:55 11:05 11:25 11:27 11:33 11:40 12:10 12:20 12:38	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F	M W W W W M M M W
		10:34 10:55 11:05 11:25 11:27 11:33 11:40 12:10 12:20 12:38	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F	M W W W W M M M W
	Second Division - Evening Session	10:34 10:55 11:05 11:25 11:25 11:27 11:33 11:40 12:10 12:20 12:38 12:45	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F 4 x 400m Mixed	M W W W W M M W W
16:35 High Jump B M	Second Division - Evening Session	10:34 10:55 11:05 11:25 11:27 11:33 11:40 12:10 12:20 12:38 12:45	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F 4 x 400m Mixed	M W W W W M M M W W
17:05 200m W	Second Division - Evening Session	10:34 10:55 11:05 11:25 11:27 11:33 11:40 12:10 12:20 12:38 12:45	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F 4 x 400m Mixed Javelin Throw High Jump A	M W W W W M M M X W M
17:25 200m M	Second Division - Evening Session	10:34 10:55 11:05 11:25 11:27 11:33 11:40 12:10 12:20 12:38 12:45	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F 4 x 400m Mixed Javelin Throw High Jump A High Jump B	M W W W W M M W W M
17:28 Shot Put M	Second Division - Evening Session	10:34 10:55 11:05 11:25 11:27 11:33 11:40 12:10 12:20 12:38 12:45 16:30 16:35 16:35 17:05	Javelin Throw F Long Jump 3000m SC High Jump A High Jump B Shot Put F Javelin Throw 5000m Long Jump F 1500m Javelin Throw F 4 x 400m Mixed Javelin Throw High Jump A High Jump B 200m	M W W W W M M W W M X

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	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	М
	19:45	4 x 400m Mixed	Х
Friday, 23rd June 2023		Competition Day 4	
	Departure Day fo	or 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	М
	17:26	Hammer Throw F	W
	17:35	400m	М
	17:55	5000m	W
	18:15	Discus Throw	W
	18:20	Pole Vault A	M
	18:20	Pole Vault B	М
	18:28	800m	М
	18:39	Triple Jump F	М
	18:55	3000m SC	М
1	19:21	Discus Throw F	W
	19:30	100m	W
	19:50	100m	М
Saturday, 24th June 2023		Competition Day 5	
First Division - Evening Session	15:10	Hammer Throw	М
Liver Division Liverning Session	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
	17:13 17:26	Triple Jump	W
	17:26 17:40	400m Hurdles	W
	17:40 18:05	400m Hurdles	vv M
	TQ:02		M
		Discus Throw F	IV/I
	18:20	Discus Throw F	
	18:20 18:30	4x100m	W
	18:20		

Monday, 26th June 2023	Departure Day for First Division		
	18:45	4 x 400m Mixed	Х
	18:38	Javelin Throw F	M
	18:20	1500m	W
	18:10	Long Jump F	W
	17:40	5000m	M
	17:33	Javelin Throw	M
	17:27	Shot Put F	M
	17:25	High Jump B	W
	17:25	High Jump A	W
	17:05	3000m SC	W
	16:55	Long Jump	W
	16:34	Javelin Throw F	W
	16:28	Shot Put	M
	16:25	200m	M
	16:05	200m	W
	15:35	High Jump B	M
	15:35	High Jump A	M
First Division - Evening Session	15:30	Javelin Throw	W