

ALL AWARDS CEREMONIES WILL TAKE PLACE AT THE MAIN STADIUM (EXCEPT RACE WALK 10K AND 20K)

Day 1 OCT 09

11.55 JAVELIN TROW W 35
12.00 JAVELIN TROW W40
12.05 10000 W65
12.10 10000 W 70
12.15 10000 W75
12.20 10000 W80
12.25 JAVELIN TROW W45
13.00 WEIGHT TROW M35
13.05 WeIGHT TROW M 40

17.00 10000 M35
17.05 10000 M40
17.10 10000 M45
17.15 10000 M 50
17.20 JAVELIN TROW W 50
17.25 JAVELIN TROW W 55
17.30 WEIGHT TROW M 45
17.35 HAMMER TROW M 85
17.40 HAMMER TROW M 90
17.45 WEIGHT TROW M 50
17.50 HAMMER TROW M80
17.55 10000 M55
18.00 10000 M60
18.05 JAVELIN TROW W60
18.10 10000 M65
18.15 WEIGHT TROW M55
18.20 JAVELIN TROW W 65
18.25 HAMMER TROW M75
18.30 JAVELIN TROW W75
18.35 JAVELIN TROW W 80
18.40 JAVELIN TROW W 85
18.40 JAVELIN TROW W 90