

Schedule
Friday, 21. June 2019

Time	U16w	U16m	U18w	U18m	Training U10-U14
10:00	Shot Put		Shot Put		Obstacle course +
10:30		Shot Put		Shot Put	
11:00	300 m				40 m flying
11:15		300 m			10:30
11:30	Spear	Spear	Spear	Spear	until
					12:00
13:30	100 m VL				
13:45		100 m VL			
14:00			100 m VL		14:00
14:15				100 m VL	until
14:30	Long Jump I	Long Jump II			15:30
15:15			Long Jump I	Long Jump II	
16:00	100 m Finals	100 m Finals			
16:10			100 m Finals	100 m Finals	

Schedule
Saturday, 22. Juin 2019

Time	U10w	U10m	U12w	U12m	U14w	U14m	U16w	U16m	U18w	U18m	Time
10:00	Vortex I	Vortex II	40 m flying			60 m Hurdles					10:00
10:15				40 m flying							10:15
10:20						60 m Hurdles					10:20
10:30											10:30
10:40	Longjump I	Longjump II	Vortex I	Vortex II							10:40
10:45						60m					10:45
10:55						60m					10:55
11:15											11:15
11:30	40 m flying							800 m		800 m	11:30
11:45		40 m flying					800 m		800 m		11:45
12:00	40 m Hurdles		Longjump I	Longjump II	Vortex I	Vortex II					12:00
12:15		40 m Hurdles									12:15
13:15			40 m Hurdles								13:15
13:30				40 m Hurdles	Longjump I	Longjump II	3000 m		3000 m		13:30
13:45	Obstacle Course							3000 m		3000 m	13:45
14:15		Obstacle Course									14:15
14:30					1 Round (400m)	1 Round (400m)					14:30
14:45			Obstacle Course								14:45
15:15				Obstacle Course							15:15
15:45	4x1 Round* Mixed Relay (U12, U14, U16)										15:45

*4x 400 m: the relay race will be held in the categories U12, U14 and U16 seperately.
Please send your entries for the relay race to office@unitedworldgames.com