

# Northrhine-Westfalian Open Men/Women NRW GALA BOTTROP 2018

## Schedule (2018-07-05)

Please pay attention to the changes !

only on invitation			
Uhrzeit	Männer	Frauen	Uhrzeit
11:00	5000 m Hammer Throw	5000 m Hammer Throw	11:00
11:05	Triple Jump		11:05
11:10		Pole Vault	11:10
11:30		Shot Put	11:30
12:00		100m Hu V	12:00
12:35	110 m Hu V		12:35
12:40	Discus Throw		12:40
13:00		Triple Jump	13:00
13:15		100m Hu F	13:15
13:35	110 m Hu F		13:35
13:45		100 m V	13:45
14:05	100 m V		14:05
14:10	Shot Put	Discus Throw	14:10
14:15	High Jump		14:15
14:35	400 m F		14:35
14:40			14:40
14:45	Pole Vault		14:45
14:50		100 m F Long Jump	14:50
15:00	800 m F		15:00
15:15		400 m F	15:15
15:35	100 m ZE		15:35
15:55		400m Hu ZE	15:55
16:00		High Jump	16:00
16:10	400m Hu ZE		16:10
16:15	Javelin Throw		16:15
16:25	1500m F		16:25
16:50	Long Jump	1500 m F	16:50
17:15		800 m F	17:15
17:35		4 x 100 m F	17:35
17:45		Javelin Throw	17:45
18:00	4 x 100 m F		18:00
18:20		200 m F	18:20
18:45	200 m F		18:45