

**Northrhine-Westfalian Open Men/Women
NRW GALA BOTTROP 2019**

Schedule

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