

OLYMPIC COMPETITION TIMETABLE / UK Timings

The competition schedule is detailed below with UK time (8 hours behind Tokyo). The PM / Evening sessions with the majority of event finals are in the middle of the day, but there will be decisions to be made about staying up much of the night for the AM / Morning sessions which include several finals

Fri, July 30:

01.00 M 3000SC hts	01.15 M High J qual	01.45 M Discus qual A	01.55 W 800 hts	02.55 M 400H hts
03.20 M Discus qual B	03.40 W 100 hts			
11.00 W 5000 hts	11.05 W Triple J qual	11.25 W Shot qual	12.00 Mixed 4x400 hts;	12.40 M 10,000 Final

Sat, July 31:

01.00 W 400H hts	01.30 W Discus qual A	01.40 M Pole Vault qual	01.50 M 800 hts	02.45 W 100H hts
02.55 W DT qual B	03.35 M 100 prelims			
11.10 M Long J qual	11.15 W 100 semi-final	11.45 M 100 hts	12.15 M Discus Final	12.50 W 800 semi-final
13.35 Mixed 4x400 Final	13.50 W 100 Final			

Sun, Aug 1:

01.10 W Hammer qual A	01.40 W 3000SC hts	01.50 W Long J qual	02.35 W Shot Final	02.40 W HT qual B
02.45 M 400 hts				
11.10 M HJ Final	11.15 M 100 semi-final	11.45 W 100H semi-final	12.20 W Triple J Final	12.25 M 800 semi-final
13.05 M 400H sf	13.50 M 100 Final			

Mon, Aug 2:

01.00 M Hammer qual A	01.35 W 1500 hts	02.20 M LJ Final	02.30 W 200 hts	02.30 M Hammer qual B
03.50 W 100H Final				
11.20 W PV qual	11.25 W 200 semi-final	12.00 W DT Final	12.05 M 400 semi-final	12.35 W 400H semi-final
13.15 M 3000SC Final	13.40 W 5000 Final			

Tue, Aug 3:

01.00 M Triple J qual	01.05 M 1500 hts	01.20 W Javelin qual A	01.45 W 400 hts	02.50 W Long J Final
02.50 W Javelin qual B	03.05 M 200 hts	04.20 M 400H Final		
11.10 M 110H hts	11.15 M Shot qual A	11.20 M Pole Vault Final	12.00 M 5000 hts	12.35 W Hammer Final
12.40 M Shot qual B	12.50 M 200 semi-final	13.25 W 800 Final	13.50 W 200 Final	

Wed, Aug 4:

01.00 M Dec 100	01.05 M Javelin qual A	01.35 W Hept 100H	01.55 M Dec Long J	02.35 W Hept High J
02.35 M Javelin qual B	03.00 M 110H semi-final	03.35 W 400H Final	03.40 M Dec Shot	
10.30 M Dec High J	11.00 W 1500 semi-final	11.05 W Hept Shot	11.30 W 400 semi-final	12.00 W 3000SC Final
12.15 M Hammer Final	12.30 W Hept 200	13.05 M 800 Final	13.30 M Dec 400	13.55 M 200 Final

Thu, Aug 5:

01.00 M Dec 110H	01.10 W High J qual	01.40 W Hept Long J	01.50 M Dec Discus A	02.00 W 4x100 hts
02.55 M Dec Discus B	03.00 M Triple J Final	03.05 M Shot Final	03.30 M 4x100 hts	03.55 M 110H Final
04.30 W Hept Javelin A	04.45 M Dec Pole Vault	05.40 W Hept Javelin B		
08.30 M 20 Km Walk *	11.15 M Dec Javelin A	11.20 W Pole Vault Final	11.25 W 4x400 hts	12.00 M 1500 semi-final
12.20 M Dec Javelin B	13.00 M 400 Final	13.20 W Hept 800	13.40 M Dec 1500	21.30 M 50 Km Walk *

Fri, Aug 6:

08.30 W 20 Km Walk *				
12.25 M 4x400 hts	12.50 W Javelin Final	13.00 M 5000 Final	13.35 W 400 Final	13.50 W 1500 Final
14.30 W 4x100 Final	14.50 M 4x100 Final			
23.00 W Marathon *				

Sat, Aug 7:

11.35 W High J Final	11.45 W 10,000 Final	12.00 M Javelin Final	12.40 M 1500 Final	13.30 W 4x400 Final
13.50 M 4x400 Final				
23.00 M Marathon *				

** The Walk and Marathon events marked * are being held in Sapporo as it is cooler than Tokyo*

