

MA U23 Championships Ismailia 2024

Final Timetable

Saturday, 18 May 2024			
Events at Stadium			
18:00	400m H	M	F
18:15	400m H	W	F
18:30	200m	M	SF
18:35	Discus Throw	M/W	F
18:36	400m H	M	Victory Ceremony 1
18:40	High Jump	M	F
18:45	400m	M	F
18:50	400m H	W	Victory Ceremony 2
18:55	800m	W	F
19:10	3000m SC	W	F
19:25	1500m	M	F
19:30	400m	M	Victory Ceremony 3
19:34	800m	W	Victory Ceremony 4
19:40	200m	W	F
19:43	3000m SC	W	Victory Ceremony 5
19:45	Pole Vault	M	F
19:48	High Jump	M	Victory Ceremony 6
19:55	10000m RW	W	F
19:58	10000m RW	M	F
20:15	Long Jump	M/W	F
19:48	1500m	M	Victory Ceremony 7
19:52	Discus Throw	M	Victory Ceremony 8
19:56	Discus Throw	W	Victory Ceremony 9
21:00	200m	M	F
21:04	200m	W	Victory Ceremony 10
21:08	Pole Vault	M	Victory Ceremony 11
21:15	10000m	M	F
21:42	Hammer Throw	W	Victory Ceremony 12
21:46	Hammer Throw	M	Victory Ceremony 13
21:50	10000m RW W	W	Victory Ceremony 14
21:54	10000m RW M	W	Victory Ceremony 15
21:58	200m	M	Victory Ceremony 16
22:00	Long Jump	M	Victory Ceremony 17
22:04	Long Jump	W	Victory Ceremony 18
22:08	10000m	M	Victory Ceremony 19
Hammer Throw Area			
18:00	Hammer Throw	Men/ Women	Final

Sunday, 19 May 2024			
Events at Stadium			
19:00	110m H	M	F
19:05	Pole Vault	W	F
19:15	100m H	W	F
19:25	Javelin Throw	M/W	F
19:30	100m	M	F
19:33	110m H	M	Victory Ceremony 20
19:40	100m	W	F
19:45	100m H	W	Victory Ceremony 21
19:55	400m	W	F
20:00	High Jump	W	F
20:00	100m	M	Victory Ceremony 22
20:05	800m	M	F
20:09	Pole Vault	W	Victory Ceremony 23
20:14	400m	W	Victory Ceremony 24
20:15	Triple Jump	M/W	F
20:20	1500m	W	F
20:26	800m	M	Victory Ceremony 25
20:30	Javelin Throw	W	Victory Ceremony 26
20:35	3000m SC	M	F
20:45	Javelin Throw	M	Victory Ceremony 27
20:49	Shot Put	W	Victory Ceremony 28
20:55	5000m	M	F
21:05	Shot Put	W	Victory Ceremony 29
21:09	1500m	W	Victory Ceremony 30
21:14	3000m SC	M	Victory Ceremony 31
21:18	Triple Jump	W	Victory Ceremony 32
21:22	Triple Jump	M	Victory Ceremony 33
21:26	5000m	M	Victory Ceremony 34
Shot Put Area			
18:00	Shot Put	Men/ Women	Final