



ATHLETICS
20 -25 JUNE 2023
Silesian Stadium

Tuesday, 20th June 2023		Competition Day 1	
Third Division - Morning Session	09:50	Shot Put	W
	10:05	400m	W
	10:10	Discus Throw	W
	10:25	Triple Jump	M
	10:35	400m	M
	10:50	Shot Put F	W
	10:55	5000m	W
	11:15	Discus Throw F	W
	11:28	800m	M
	11:35	Pole Vault A	M
	11:35	Pole Vault B	M
	11:41	Triple Jump F	M
	11:55	3000m SC	M
	12:00	Hammer Throw	W
	12:30	100m	W
	12:50	100m	M
	13:05	Hammer Throw F	W
Second Division - Evening Session	16:15	Shot Put	W
	16:20	Hammer Throw	W
	17:05	400m	W
	17:15	Shot Put F	W
	17:22	Triple Jump	M
	17:26	Hammer Throw F	W
	17:35	400m	M
	17:55	5000m	W



	18:15	Discus Throw	W
	18:20	Pole Vault A	M
	18:20	Pole Vault B	M
	18:28	800m	M
	18:39	Triple Jump F	M
	18:55	3000m SC	M
	19:21	Discus Throw F	W
	19:30	100m	W
	19:50	100m	M
Wednesday, 21st June 2023		Competition Day 2	
Third Division - Morning Session	09:40	Long Jump	M
	09:55	Pole Vault	W
	09:55	Pole Vault	W
	10:05	110m Hurdles	M
	10:08	Discus Throw	M
	10:25	100m Hurdles	W
	10:56	Long Jump F	M
	11:02	800m	W
	11:14	Discus Throw F	M
	11:20	1500m	M
	11:40	400m Hurdles	W
	11:45	Triple Jump	W
	12:00	Hammer Throw	M
	12:05	400m Hurdles	M
	12:30	4x100m	W
	12:50	4x100m	M
	13:01	Triple Jump F	W
	13:06	Hammer Throw F	M
Second Division - Evening Session	16:10	Hammer Throw	M
	16:20	Long Jump	M
	16:55	Pole Vault	W



	16:55	Pole Vault	W
	17:05	110m Hurdles	M
	17:15	Hammer Throw F	M
	17:25	100m Hurdles	W
	17:36	Long Jump F	M
	17:50	800m	W
	18:10	1500m	M
	18:15	Discus Throw	M
	18:26	Triple Jump	W
	18:40	400m Hurdles	W
	19:05	400m Hurdles	M
	19:20	Discus Throw F	M
	19:30	4x100m	W
	19:41	Triple Jump F	W
	19:50	4x100m	M
Thursday, 22nd June 2023		Competition Day 3	
Third Division - Morning Session	09:40	Javelin Throw	W
	09:55	High Jump A	M
	09:55	High Jump B	M
	10:05	200m	W
	10:25	200m	M
	10:28	Shot Put	M
	10:46	Javelin Throw F	W
	10:55	Long Jump	W
	11:05	3000m SC	W
	11:28	Shot Put F	M
	11:33	Javelin Throw	M
	11:40	5000m	M
	11:45	High Jump A	W
	11:45	High Jump B	W
	12:11	Long Jump F	W



	12:20	1500m	W
	12:39	Javelin Throw F	M
	12:45	4 x 400m Mixed	X
Second Division - Evening Session	16:30	Javelin Throw	W
	16:35	High Jump A	M
	16:35	High Jump B	M
	17:05	200m	W
	17:25	200m	M
	17:28	Shot Put	M
	17:34	Javelin Throw F	W
	17:55	Long Jump	W
	18:05	3000m SC	W
	18:25	High Jump A	W
	18:25	High Jump B	W
	18:27	Shot Put F	M
	18:33	Javelin Throw	M
	18:40	5000m	M
	19:10	Long Jump F	W
	19:20	1500m	W
	19:38	Javelin Throw F	M
	19:45	4 x 400m Mixed	X
Friday, 23rd June 2023		Competition Day 4	
	Departure Day for Third and Second Division		
First Division - Evening Session	16:15	Shot Put	W
	16:20	Hammer Throw	W
	17:05	400m	W
	17:15	Shot Put F	W
	17:22	Triple Jump	M
	17:26	Hammer Throw F	W
	17:35	400m	M



	17:55	5000m	W
	18:15	Discus Throw	W
	18:20	Pole Vault A	M
	18:20	Pole Vault B	M
	18:28	800m	M
	18:39	Triple Jump F	M
	18:55	3000m SC	M
	19:21	Discus Throw F	W
	19:30	100m	W
	19:50	100m	M
Saturday, 24th June 2023		Competition Day 5	
First Division - Evening Session	15:10	Hammer Throw	M
	15:20	Long Jump	M
	15:55	Pole Vault	W
	15:55	Pole Vault	W
	16:05	110m Hurdles	M
	16:15	Hammer Throw F	M
	16:25	100m Hurdles	W
	16:36	Long Jump F	M
	16:50	800m	W
	17:10	1500m	M
	17:15	Discus Throw	M
	17:26	Triple Jump	W
	17:40	400m Hurdles	W
	18:05	400m Hurdles	M
	18:20	Discus Throw F	M
	18:30	4x100m	W
	18:41	Triple Jump F	W
	18:50	4x100m	M
Sunday, 25th June 2023		Competition Day 6	



First Division - Evening Session	15:25	Javelin Throw	W
	15:30	High Jump A	M
	15:30	High Jump B	M
	16:00	200m	W
	16:20	200m	M
	16:23	Shot Put	M
	16:29	Javelin Throw F	W
	16:50	Long Jump	W
	17:00	3000m SC	W
	17:20	High Jump A	W
	17:20	High Jump B	W
	17:22	Shot Put F	M
	17:28	Javelin Throw	M
	17:35	5000m	M
	18:05	Long Jump F	W
	18:15	1500m	W
	18:33	Javelin Throw F	M
	18:40	4 x 400m Mixed	X