

2009 Pan Am Junior T&F Championships - Time Schedule

Friday, July 31st - Morning

07:00	10k RW	w	final
09:00	100m	m	decathlon
09:15	1500m	w	final
09:40	1500m	m	final
09:45	long jump	m	decathlon
10:00	400m	w	semi-final
10:20	400m	m	semi-final
11:00	shot put	m	decathlon

Friday, July 31st - Afternoon/Evening

16:00	high jump	m	decathlon
16:00	100 hurdles	w	semi-final
16:00	discus	m	trial/final
16:20	110 hurdles	m	semi-final
16:30	shot put	w	trial/final
16:40	100m	w	semi-final
17:00	100m	m	semi-final
17:00	pole vault	w	final
17:00	triple jump	w	trial/final
17:00	javelin	m	trial/final
17:30	100 hurdles	w	final
17:40	110 hurdles	m	final
17:55	400m	w	final
18:10	400m	m	final
18:20	400m	m	decathlon
18:45	100m	w	final
19:05	100m	m	final

Saturday, August 1st - Morning

07:00	10k RW	m	final
09:00	100 hurdles	w	heptathlon
09:20	110 hurdles	m	decathlon
09:45	high jump	w	heptathlon
10:15	discus	m	decathlon
11:00	4x100 relay	w	semi-final
11:15	4x100 relay	m	semi-final
11:15	hammer	m	final
11:30	pole vault	m	decathlon

Saturday, August 1st - Afternoon/Evening

16:00	shot put	w	heptathlon
16:00	200m	w	semi-final
16:00	javelin	m	decathlon
16:00	discus	w	trial/final
16:20	200m	m	semi-final
16:30	high jump	w	final
16:30	800m	w	semi-final
16:40	800m	m	semi-final
17:00	long jump	m	trial/final
17:10	3000 St	m	final
17:15	pole vault	m	final
17:30	400 hurdles	w	semi-final
17:45	400 hurdles	m	semi-final
18:00	10,000	m	final
18:40	200m	w	final
18:50	200m	m	final
19:00	200m	w	heptathlon
19:10	1500m	m	decathlon
19:25	5000m	w	final
19:55	4x100 relay	w	final
20:15	4x100 relay	m	final

Sunday, August 2nd - Morning

9:00	long jump	w	heptathlon
10:00	hammer	w	final
10:10	javelin	w	heptathlon
10:20	4x400 relay	w	semi-final
10:30	4x400 relay	m	semi-final

Sunday, August 2nd - Afternoon/Evening

16:30	long jump	w	final
16:45	400 hurdles	w	final
17:00	400 hurdles	m	final
17:00	high jump	m	final
17:00	800m	w	final
17:10	800m	m	final
17:20	800m	w	heptathlon
17:30	shot put	m	trial/final
17:30	triple jump	m	trial/final
17:30	javelin	w	final
17:40	3000m	w	final
18:10	5000m	m	final
18:40	3000 St	w	final
19:15	4x400 relay	w	final
19:25	4x400 relay	m	final