

### Timetable

Saturday 22nd June 2024		
Time	Event	Gender
08:00	Mountain Race	M
08:00	Mountain Race	W
09:00	<b>Medal Ceremony</b>	
09:30	Shot Put	M
09:35	High Jump	W
09:40	100m	W
09:50	100m	M
10:00	1500m	W
10:10	1500m	M
10:20	<b>Medal Ceremony</b>	
11:00	Discus	W
11:05	400m	W
11:15	400m	M
11:30	Long Jump	M
11:35	3000m SC	W
11:50	3000m SC	M
12:05	<b>Medal Ceremony</b>	
13:00	<b>Opening Ceremony</b>	
14:00	200m	W
14:10	200m	M
14:15	Discus	M
14:20	Long Jump	W
14:30	400mh	W
14:45	400mh	M
14:55	<b>Medal Ceremony</b>	
15:55	100mh	W
16:05	High Jump	M
16:10	110mh	M
16:20	Shot Put	W
16:30	800m	W
16:40	800m	M
17:00	5000m	W
17:30	5000m	M
17:55	Swedish Relay	W
18:20	Swedish Relay	M
18:35	<b>Medal Ceremony</b>	
19:00	<b>BBQ</b>	