

Saturday 6 June 2015		Day 1 (East Coast Park)			
101	16:00	20km Walk	Women	Final	
102		20km Walk	Men	Final	

Sunday 7 June 2015		Day 2 (Kallang Practice Track)			
201	06:00	Marathon Wo		Final	
202		Marathon	Men	Final	
	09:30	20km Walk	Women	VC	
	09:35	20km Walk	Men	VC	
	09:40	Marathon	Men	VC	
	09:45	Marathon	Women	VC	

Monday 8 June 2015

Day 3 – No competition

12/05/2015

Tuesday 9 Ju	ne 2015	Day 4		
401	09:30	400 metres Hurdles	Men	Round 1 Heat 1
	09:40	400 metres Hurdles	Men	Round 1 Heat 2
402	09:50	400 metres Hurdles	Women	Round 1 Heat 1
	10:00	400 metres Hurdles	Women	Round 1 Heat 2
403	10:05	Hammer Throw	Men	Final
404	10:15	100 metres	Men	Decathlon 1
405	10:25	100 metres	Women	Round 1 Heat 1
	10:35	100 metres	Women	Round 1 Heat 2
406	10:40	Long Jump	Men	Decathlon 2
407	10:45	100 metres	Men	Round 1 Heat 1
	10:55	100 metres	Men	Round 1 Heat 2
408	11:00	Hammer Throw	Women	Final
409	16:00	Shot Put	Men	Decathlon 3
410	16:05	Pole Vault	Men	Final
411	16:10	Triple Jump	Men	Final
	16:20	Hammer Throw	Men	VC
	16:25	Hammer Throw	Women	VC
412	16:35	5000 metres	Men	Final
413	17:00	High Jump	Men	Decathlon 4
414	17:05	5000 metres	Women	Final
	17:30	5000 metres	Men	VC
415	17:40	800 metres	Men	Round 1 Heat 1
	17:50	800 metres	Men	Round 1 Heat 2
	18:00	5000 metres	Women	VC
	18:05	Triple Jump	Men	VC
416	18:15	100 metres	Men	Final
417	18:25	100 metres	Women	Final
	18:30	Pole Vault	Men	VC
418	18:40	800 metres	Women	Round 1 Heat 1
	18:50	800 metres	Women	Round 1 Heat 2
419	19:00	400 metres	Men	Decathlon 5
	19:05	100 metres	Men	VC
	19:10	100 metres	Women	VC

Wednesday 1	10 June 2015	Day 5		
501	09:30	110 metres Hurdles	Men	Decathlon 6
502	09:40	200 metres	Men	Round 1 Heat 1
	09:50	200 metres	Men	Round 1 Heat 2
503	10:00	Discus Throw	Men	Decathlon 7
504	10:05	200 metres	Women	Round 1 Heat 1
	10:15	200 metres	Women	Round 1 Heat 2
505	10:45	Pole Vault	Men	Decathlon 8
506	16:00	Shot Put	Women	Final
507	16:05	Javelin Throw	Men	Decathlon 9
508	16:10	400 metres Hurdles	Women	Final
509	16:25	400 metres Hurdles	Men	Final
510	16:30	Long Jump	Women	Final
511	16:40	10000 metres	Men	Final
	17:20	400 metres Hurdles	Women	VC
	17:25	400 metres Hurdles	Men	VC
512	17:30	1500 metres	Men	Decathlon 10
513	17:40	Javelin Throw	Women	Final
514	17:45	Shot Put	Men	Final
	17:50	Shot Put	Women	VC
	17:55	10000 metres	Men	VC
515	18:05	800 metres	Women	Final
516	18:15	800 metres	Men	Final
	18:20	Decathlon	Men	VC
	18:25	Long Jump	Women	VC
517	18:35	200 metres	Women	Final
518	18:45	200 metres	Men	Final
	18:50	800 metres	Men	VC
	18:55	800 metres	Women	VC
	19:00	Shot Put	Men	VC
	19:05	Javelin Throw	Women	VC
	19:10	200 metres	Women	VC
	19:15	200 metres	Men	VC

Thursday 11 Ju	ıne 2015	Day 6		
601	09:30	100 metres Hurdles	Women	Heptathlon 1
602	09:35	Javelin Throw	Men	Final
603	09:40	100 metres Hurdles	Women	Round 1 Heat 1
	09:50	100 metres Hurdles	Women	Round 1 Heat 2
604	10:00	High Jump	Women	Heptathlon 2
605	10:15	110 metres Hurdles	Men	Round 1 Heat 1
	10:25	110 metres Hurdles	Men	Round 1 Heat 2
606	11:00	Shot Put	Women	Heptathlon 3
	15:50	Javelin Throw	Men	VC
607	16:00	Pole Vault	Women	Final
608	16:05	High Jump	Men	Final
609	16:10	Discus Throw	Men	Final
610	16:15	200 metres	Women	Heptathlon 4
611	16:25	1500 metres	Women	Final
612	16:35	1500 metres	Men	Final
613	16:45	10000 metres	Women	Final
	17:25	1500 metres	Women	VC
	17:30	1500 metres	Men	VC
614	17:40	Triple Jump	Women	Final
615	17:50	100 metres Hurdles	Women	Final
616	18:00	110 metres Hurdles	Men	Final
	18:05	10000 metres	Women	VC
	18:10	Discus Throw	Men	VC
	18:15	High Jump	Men	VC
617	18:25	4x400 metres Relay	Men	Final
618	18:35	4x400 metres Relay	Women	Final
	18:45	100 metres Hurdles	Women	VC
	18:50	110 metres Hurdles	Men	VC
	18:55	Pole Vault	Women	VC
	19:00	Triple Jump	Women	VC
	19:05	4 x 400 metres Relay	Women	VC
	19:10	4 x 400 metres Relay	Men	VC

Friday 12 June	e 2015	Day 7		
701	09:30	Long Jump	Women	Heptathlon 5
702	09:40	400 metres	Men	Round 1 Heat 1
	09:50	400 metres	Men	Round 1 Heat 2
703	10:00	400 metres	Women	Round 1 Heat 1
	10:10	400 metres	Women	Round 1 Heat 2
704	10:30	Javelin Throw	Women	Heptathlon 6
705	16:00	High Jump	Women	Final
706	16:10	Long Jump	Men	Final
707	16:20	Discus Throw	Women	Final
708	16:30	800 metres	Women	Heptathlon 7
709	16:40	400 metres	Women	Final
710	16:50	400 metres	Men	Final
711	17:00	3000m Steeplechase	Women	Final
	17:20	Heptathlon	Women	VC
712	17:30	3000m Steeplechase	Men	Final
	17:45	400 metres	Women	VC
	17:50	400 metres	Men	VC
	17:55	Discus Throw	Women	VC
	18:00	Long Jump	Men	VC
713	18:10	4x100 metres Relay	Women	Final
	18:15	3000m Steeplechase	Women	VC
	18:20	3000m Steeplechase	Men	VC
	18:25	High Jump	Women	VC
714	18:35	4x100 metres Relay	Men	Final
	18:45	4 x 100 metres Relay	Women	VC
	18:50	4 x 100 metres Relay	Men	VC