

The XXX Olympic Games
London 2012
Official Timetable (approved by IAAF Council November 2010)



DAY 1 - Friday Morning, 3 August			
10:00	Shot Put	M	Q A+B
10:05	100m H Hep	W	
10:25	Triple Jump	W	Q A+B
10:40	100m	W	Prelim.
11:15	400m H	M	R1
11:15	High Jump Hep	W	A+B
11:20	Hammer Throw	M	Q A
12:00	400m	W	R1
12:45	Hammer Throw	M	Q B
13:00	3000m SC	M	R1

DAY 2 - Saturday Morning, 4 August			
10:00	100m	M	Prelim.
10:05	Long Jump Hep	W	A+B
10:20	Pole Vault	W	Q A+B
10:35	400m	M	R1
11:35	3000m SC	W	R1
11:40	Javelin Throw Hep	W	A
12:30	100m	M	R1
12:55	Javelin Throw Hep	W	B

DAY 3 - Sunday Morning, 5 August			
11:00	Marathon	W	Final

DAY 4 - Monday Morning, 6 August			
10:00	Discus Throw	M	Q A
10:05	100m H	W	R1
10:45	Shot Put	W	Q A+B
10:50	800m	M	R1
11:25	Discus Throw	M	Q B
11:45	1500m	W	R1

DAY 5 - Tuesday Morning, 7 August			
10:00	Javelin Throw	W	Q A
10:10	110m H	M	R1
10:45	Triple Jump	M	Q A+B
10:55	5000m	W	R1
11:25	Javelin Throw	W	Q B
11:50	200m	M	R1

DAY 1 - Friday Evening, 3 August			
19:00	Shot Put Hep	W	A+B
19:05	100m	W	R1
19:10	Discus Throw	W	Q A
19:50	Long Jump	M	Q A+B
20:05	1500m	M	R1
20:30	Shot Put	M	Final
20:35	Discus Throw	W	Q B
20:45	200m Hep	W	
21:25	10,000m	W	Final

DAY 2 - Saturday Evening, 4 August			
17:00	20km Race Walk	M	Final
19:00	400m H	M	SF
19:30	Discus Throw	W	Final
19:35	100m	W	SF
19:55	Long Jump	M	Final
20:05	400m	M	SF
20:35	800m Hep	W	Final
21:15	10,000m	M	Final
21:55	100m	W	Final

DAY 3 - Sunday Evening, 5 August			
19:00	400m H	W	R1
19:05	High Jump	M	Q A+B
19:35	Triple Jump	W	Final
19:45	100m	M	SF
20:15	1500m	M	SF
20:20	Hammer Throw	M	Final
20:40	400m	M	SF
21:10	400m	W	Final
21:25	3000m SC	M	Final
21:50	100m	M	Final

DAY 4 - Monday Evening, 6 August			
19:00	Pole Vault	W	Final
19:15	Shot Put	W	Final
19:20	200m	W	R1
20:15	400m H	W	SF
20:45	400m H	M	Final
21:05	3000m SC	W	Final
21:30	400m	M	Final

DAY 5 - Tuesday Evening, 7 August			
19:00	High Jump	M	Final
19:05	Long Jump	W	Q A+B
19:15	100m H	W	SF
19:45	Discus Throw	M	Final
19:55	800m	M	SF
20:25	200m	W	SF
21:00	100m H	W	Final
21:15	1500m	M	Final

DAY 6 - Wednesday Morning, 8 August			
10:00	Hammer Throw	W	Q A
10:00	Pole Vault	M	Q A+B
10:10	100m Dec	M	
10:45	5000m	M	R1
11:10	Long Jump Dec	M	A+B
11:25	Hammer Throw	W	Q B
11:35	800m	W	R1
12:50	Shot Put Dec	M	A+B

DAY 7 - Thursday Morning, 9 August			
09:00	110m H Dec	M	
09:30	High Jump	W	Q A+B
09:55	Discus Throw Dec	M	A
11:10	Discus Throw Dec	M	B
11:35	4x400m Relay	M	R1
12:55	Pole Vault Dec	M	A+B

DAY 8 - Friday Morning, 10 August			
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DAY 9 - Saturday Morning, 11 August			
09:00	50km Race Walk	M	Final

DAY 10 - Sunday Morning, 12 August			
11:00	Marathon	M	Final

DAY 6 - Wednesday Evening, 8 August			
18:00	High Jump Dec	M	A+B
19:05	Javelin Throw	M	Q A
19:15	110m H	M	SF
19:45	1500m	W	SF
20:05	Long Jump	W	Final
20:10	200m	M	SF
20:35	Javelin Throw	M	Q B
20:45	400m H	W	Final
21:00	200m	W	Final
21:15	110m H	M	Final
21:30	400m Dec	M	

DAY 7 - Thursday Evening, 9 August			
18:30	Javelin Throw Dec	M	A
19:20	Triple Jump	M	Final
19:30	800m	W	SF
19:40	Javelin Throw Dec	M	B
20:00	800m	M	Final
20:20	4x100m Relay	W	R1
20:55	200m	M	Final
21:00	Javelin Throw	W	Final
21:20	1500m Dec	M	Final

DAY 8 - Friday Evening, 10 August			
19:00	Pole Vault	M	Final
19:10	4x400m Relay	W	R1
19:35	Hammer Throw	W	Final
19:45	4x100m Relay	M	R1
20:05	5000m	W	Final
20:40	4x100m Relay	W	Final
20:55	1500m	W	Final
21:20	4x400m Relay	M	Final

DAY 9 - Saturday Evening, 11 August			
17:00	20km Race Walk	W	Final
19:00	High Jump	W	Final
19:20	Javelin Throw	M	Final
19:30	5000m	M	Final
20:00	800m	W	Final
20:25	4x400m Relay	W	Final
21:00	4x100m Relay	M	Final

DAY 10 - Sunday Evening, 12 August			
Closing Ceremony			