



Timetable FBK2023

Saturday June 3th 2023

Start	Event	Category	Round
19:30	Stadium open		
20:30	10.000m	Women	final

Sunday June 4th 2023

Start	Event	Category	Round
	Pre-program		
14:00	Stadium open		
15:00	Kidsrun 600m	Kids	heats
15:10	Long Jump	Men	final
15:36	Javelin Throw	Nationals mixed	final
15:45	4 x 100mR	Nationals women	final
15:48	Shot Put	Nationals men	final
15:50	4 x 100mR	Nationals men	final
16:00	800m	Nationals women	final
16:07	800m	Nationals men	final
16:15	400m	Nationals men	final
16:20	400m	Nationals women	final
16:25	1.500m	Nationals women	final
16:35	1.500m	Nationals men	final
16:45	100m	Nationals women	heat 1
16:50	100m	Nationals women	heat 2
16:55	100m	Nationals men	heat 1
17:00	100m	Nationals men	heat 2
	Main Program		
17:17	<i>Opening</i>		
17:27	Long Jump	Men	final
17:31	Pole Vault	Men	final
17:37	400m Hurdles	Men	final
17:48	100m	Women	final
17:54	Javelin Throw	Men	final
18:00	Kidsrun 600m	Kids	final
18:13	100m Hurdles	Women	final
18:18	High Jump	Women	final
18:28	110m Hurdles	Men	final
18:39	1.500m	Men	final
18:46	Shot Put	Women	final
18:57	400m	Women	final
19:07	400m	Men	final
19:16	100m	Men	final
19:25	1.500m	Women	final
19:40	200m	Women	final