# Heart to Heart, @Future 心止相融 @未来

Relay events:  $4 \times 100 \text{m}$  Relay,  $4 \times 400 \text{m}$  Relay

Road events: 20km Race Walk, Marathon;

Combined event: Decathlon

#### 4.2 Women's

Track events: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 100m

Hurdles, 400m Hurdles, 3000m Steeplechase;

Jumping events: High Jump, Pole Vault, Long Jump, Triple Jump

Throwing events: Shot Put, Discus Throw, Hammer Throw, Javelin Throw

Relay events: 4×100m Relay, 4×400m Relay

Road events: 20km Race Walk, Marathon

Combined event: Heptathlon

#### 4.3 Mixed

4 × 400m Mixed Relay

Mixed Team 35km Race Walk

## 5. Competition Schedule

Note: This is a provisional timetable and subject to change. An updated version is to be shared with NOCs once available.

Date	Session	Time	Gender	Event	Phase	
	ATL 104	AM	W 20km Race Walk	Final		
	ATH01	AIVI	М	20km Race Walk	Final	
			W	Hammer Throw	Final	
			W	100m	R1	
			М	Long Jump	Q A+B R1	
			М	100m		
29 September	ATH02		W	ZONITI NACE WAIN	MC	
2023 (Friday)			М		MC	
Day 1		PM	W	10000m		
			W	Hammer Throw		
		M 20km Race  M 10000i  W Hammer T  M 400m  W 400m	М	400m	R1	
			400m	R1		
				W	10000m	MC
			W	Shot Put	Final	
			W	Shot Put	MC	

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Date	Session	Time	Gender	Event	Phase	
	ATH03		W	100m Hurdles	Hept.	
				W	100m Hurdles	R1
		AM	W	High Jump	Hept.	
		AIVI	W	1500m	R1	
			М	1500m	R1	
			М	400m	SF	
			W	Shot Put	Hept.	
			М	Pole Vault	Final	
			М	Hammer Throw	Final	
			W	100m	SF	
20 Cantarahar				М	100m	SF
30 September 2023			W	400m	Final	
(Saturday) Day 2			М	400m	Final	
Day 2			М	10000m	Final	
	ATH04	PM	W	200m	SF Hept. Final Final SF SF Final Final Hept. MC MC Final MC MC Final MC MC Final MC MC	
	ATHU4	PIVI	W	400m	MC	
			М	400m	MC	
			W	100m	Final	
			М	Hammer Throw	Final SF SF Final Final Hept. MC MC Final MC	
				М	10000m	MC
			М	100m	Final	
			М	Pole Vault	MC	
				W	100m	MC
			М	100m	MC	

Date	Session	Time	Gender	Event	Phase	
	ATH05		W	Long Jump	Hept.	
			W	200m	R1	
		ATLIOE	A N 4	М	200m	R1
		AM	М	110m Hurdles	R1	
			Mixed	4 × 400m Relay	R1	
			W	Javelin Throw	Hept.	
			М	Long Jump	Final	
			W	100m Hurdles	Final	
			М	Shot Put	Final	
				W	Discus Throw	Final
1 October				W	1500m	Final
2023				М	1500m	Final
(Sunday) Day 3			W	100m Hurdles	MC	
Day 3		W	800m	Hept.		
	ATH06	PM	W	1500m	MC	
	ATHUO	PIVI	М	1500m	MC	
			М	3000m SC	Final	
			М	Shot Put	MC	
			W	Heptathlon	MC	
			М	M 3000m SC  M Shot Put  W Heptathlon  M 4×100m Relay	R1	
			М	3000m SC	MC	
			W	Long Jump	MC	
			W	4×100m Relay	R1	
			W	Discus Throw	MC	

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Date	Session	Time	Gender	Event	Phase
			М	100m	Dec.
			М	800m	R1
			М	Long Jump	Dec.
			М	High Jump	Q A+B
	ATH07	AM	W	200m	SF
			M 200m	200m	SF
			W	400m Hurdles	R1
			М	Shot Put	Dec.
			М	400m Hurdles	R1
			М	800m	SF
			М	High Jump	Dec.
			W	Pole Vault	Final
2 October			W	200m	Final
2023			М		Final
(Monday)			М		Final
Day 4			W	Long Jump	Final
			М	110m Hurdles	Final
			W	200m	MC
	ATH08	PM	М	200m	MC
			М	110m Hurdles	MC
			W	3000m SC	Final
			М	Discus Throw	MC
			W	Long Jump	MC
			Mixed	4 × 400m Relay	Final
			W	3000m SC	MC
			М	400m	Dec.
			W	Pole Vault	MC
			Mixed	4 × 400m Relay	MC

Date	Session	Time	Gender	Event	Phase
			W	4 × 400m	R1
			М	4 × 400m	R1
	ATLIOO	0.04	М	110m Hurdles	Dec.
	ATH09	AM	М	Discus Throw	Dec.
			W	800m	R1
			М	Pole Vault	Dec.
			М	Javelin Throw	Dec.
			W	400m Hurdles	Final
			М	400m Hurdles	Final
			М	Triple Jump	Final
			М	800m	Final
			W	High Jump	Final Final MC
3 October			W	5000m	
2023 (Tuesday)			W	400m Hurdles	
Day 5			М	400m Hurdles	MC
		5.4	W	Javelin Throw	Final
	ATH10 PM	М	800m	MC	
			W	5000m	MC
			М	1500m	Dec.
			W	4×100m Relay	Final
			М	Triple Jump	MC
			М	4×100m Relay	Final
		M Decathlon	Decathlon	MC	
			W	4x100m Relay	MC
		W Javelin	Javelin Throw	MC	
			М	4 × 100m Relay	MC
			W	High Jump	MC

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Date	Session	Time	Gender	Event	Phase
	ATH11	AM	Mixed	35km Race Walk	Final
			M High Jump	Final	
			М	Javelin Throw	Final
			W	800m	Final
			W	Triple Jump	Final MC Final MC Final MC Final MC Final MC Final MC Final
			Mixed	35km Race Walk	MC
4 October			М	5000m	Final Final MC Final MC Final MC Final Final
2023			W	800m	MC
(Wednesday)	ATH12	PM	W	4 × 400m Relay	Final
Day 6			М	5000m	MC
			М	4 × 400m Relay	Final
			М	Javelin Throw	MC
			W	Triple Jump	MC
			W	4 × 400m Relay	MC
			М	4 × 400m Relay	MC
			М	High Jump	MC
5 October 2023 (Thursday) Day 7			М	Marathon	Final
	ATU12	AM	W	Marathon	Final
	ATH13	AIVI	М	Marathon	MC
			W	Marathon	MC

## 6. Competition Rules

The Athletics competition of Hangzhou 2022 will be held as per the latest World Athletics Competition Rules and World Athletics Technical Rules.