Irish Athlete	Event (Cali, Colombia Time (-6hrs)	Irish Time	Date
Elizabeth Morland	100mH H	11:15am	5:15pm	15 July
	100mH SF	5:15pm	11:15pm	16 July
	100mH F	8:50pm	2:50am (17 July)	16 July
<u>Heptathlon</u>	100mH	5:10pm	3:10pm	17 July
	High Jump	5:00pm	3:00pm	17 July
	Shot Put	8:50pm	6:50pm	17 July
	200m	6:30pm	12:30am (18 July)	17 July
	Long Jump	10:00am	4:00pm	18 July
	Javelin GA	12:05pm	6:05pm	18 July
	Javelin GB	1:10pm	7:10pm	18 July
	800m	6:20pm	12:20am (19 July)	18 July
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Michaela Walsh	Hammer Throw	<u>'</u>	11:00pm	17 July
	Hammer Throw	GB 6:15pm	12:15am (18 July)	17 July
	Hammer Final	6:45pm	12:45am (19 July)	18 July
	Shot Put Q	9:35am	3:35pm	16 July
	Shot Put F	7:35pm	1:35am (17 July)	17 July
Nadia Power	1500m H	11:25am	5:25pm	16 July
	1500m F	7:35pm	1:35am(19 July)	18 July