



NATIONAL ASSOCIATION OF ATHLETICS ADMINISTRATIONS
 NATIONAL GAS COMPANY
 CARIFTA TRIALS 2019
 SATURDAY 23rd – SUNDAY 24th MARCH
 HASELY CRAWFORD STADIUM
 PORT OF SPAIN



PROPOSED PROGRAMME OF EVENTS – Revised 20.03.2019

DAY ONE

NO.	TIME	EVENT	CATEGORY	ROUND
1	10:00am	Javelin Throw (500g)	G U-17	Final
2	10:00am	High Jump	G U-17	Final
3	10:00am	Long Jump	G U-20	Final
4	10:00am	Discus Throw (1.75k)	B U-20	Final
5	10:00am	100m Hurdles (0.762m)	G U-17	Prelims
6	10:15am	100m Hurdles (0.838m)	Girls Open Heptathlon	Final
7	10:15am	100m Hurdles (0.838m)	G U-20	Prelims
8	10:30am	110m Hurdles (0.914m)	B U-17	Prelims
9	10:30am	110m Hurdles (0.991m)	B U-20	Prelims
10	10:45am	100m	Boys Open Octathlon	Final
6a	10:50am	High Jump	Girls Open Heptathlon	Final
11	11:00am	100m	G U-17	Prelims
12	11:15am	100m	B U-17	Prelims
10a	11:30am	Long Jump	Boys Open Octathlon	Final
13	11:40am	100m	G U-20	Prelims
14	11:50am	100m	B U-20	Prelims
21	12:00pm	Discus Throw (1k)	G U-20	Final
17	12:10pm	400m	G U-17	Prelims
18	12:20pm	400m	B U-17	Prelims
15	12:20pm	High Jump	B U-20	Final
16	12:30pm	Triple Jump	G U-17	Final
6b	12:30pm	Shot Put (4k)	Girls Open Heptathlon	Final
19	12:40pm	400m	G U-20	Prelims
20	12:50pm	400m	B U-20	Prelims
10b	1:00pm	Shot Put (6k)	Boys Open Octathlon	Final
INTERMISSION				
22	1:30pm	Triple Jump	B U-20	Final
23	1:30pm	Shot Put (5k)	B U-17	Final
5a	1:30pm	100m Hurdles (0.762m)	G U-17	Final
7a	1:30pm	100m Hurdles (0.838m)	G U-20	Final
8a	1:50pm	110m Hurdles (0.914m)	B U-17	Final
9a	1:50pm	110m Hurdles (0.991m)	B U-20	Final
24	2:15pm	1500m	G U-17	Final
25	2:25pm	1500m	B U-17	Final
26	2:30pm	Javelin Throw (600g)	G U-20	Final
27	2:30pm	Long Jump	B U-17	Final
29	2:40pm	1500m	G U-20	Final
30	2:50pm	1500m	B U-20	Final
28	3:00pm	Shot Put (3k)	G U-17	Final
6c	3:00pm	200m	Girls Open Heptathlon	Final
17a (i)	3:10pm	400m	G U-17	B Final
17a (ii)	3:15pm	400m	G U-17	A Final
18a (i)	3:20pm	400m	B U-17	B Final
18a (ii)	3:25pm	400m	B U-17	A Final
19a (i)	3:30pm	400m	G U-20	B Final
19a (ii)	3:35pm	400m	G U-20	A Final
20a (i)	3:40pm	400m	B U-20	B Final
20a (ii)	3:45pm	400m	B U-20	A Final
10c	3:50pm	400m	Boys Open Octathlon	Final
11a (i)	4:00pm	100m	G U-17	B Final
11a (ii)	4:05pm	100m	G U-17	A Final
12a (i)	4:10pm	100m	B U-17	B Final
12a (ii)	4:15pm	100m	B U-17	A Final
13a (i)	4:20pm	100m	G U-20	B Final
13a (ii)	4:25pm	100m	G U-20	A Final
14a (i)	4:30pm	100m	B U-20	B Final



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DAY TWO

NO.	TIME	EVENT	CATEGORY	ROUND
31	10:00am	High Jump	B U-17	Final
32	10:00am	Shot Put (6k)	B U-20	Final
33	10:00am	Javelin Throw (700g)	B U-17	Final
6d	10:00am	Long Jump	Girls Open Heptathlon	Final
10d	10:00am	110m Hurdles (0.991m)	Boys Open Octathlon	Final
38	10:15am	200m	G U-17	Prelims
39	10:30am	200m	B U-17	Prelims
10e	10:30am	High Jump	Boys Open Octathlon	Final
41	10:55am	200m	G U-20	Prelims
42	11:10am	200m	B U-20	Prelims
40	11:30pm	Triple Jump	B U-17	Final
6e	11:30pm	Javelin Throw (600g)	Girls Open Heptathlon	Final
45	11:45am	800m	G U-17	Prelims
46	11:50am	800m	B U-17	Prelims
47	12:00pm	800m	G U-20	Prelims
48	12:05pm	800m	B U-20	Prelims
43	12:10pm	Discus Throw (1k)	G U-17	Final
INTERMISSION				
49	1:00pm	High Jump	G U-20	Final
50	1:00pm	Long Jump	G U-17	Final
51	1:00pm	Shot Put (4k)	G U-20	Final
52	1:00pm	Javelin Throw (800g)	B U-20	Final
10f	1:00pm	Javelin Throw (800g)	Boys Open Octathlon	Final
34	1:00pm	400m Hurdles (0.762m)	G U-17	Final
35	1:15pm	400m Hurdles (0.762m)	G U-20	Final
36	1:30pm	400m Hurdles (0.838m)	B U-17	Final
37	1:45pm	400m Hurdles (0.914m)	B U-20	Final
6f	2:00pm	800m	Girls Open Heptathlon	Final
53	2:00pm	Discus Throw (1.5k)	B U-17	Final
54	2:00pm	Pole Vault	B U-20	Final
55	2:30pm	Long Jump	B U-20	Final
45a	2:10pm	800m	G U-17	Final
46a (i)	2:15pm	800m	B U-17	B Final
46a (ii)	2:20pm	800m	B U-17	A Final
47a	2:25pm	800m	G U-20	Final
48a (i)	2:30pm	800m	B U-20	B Final
48a (ii)	2:35pm	800m	B U-20	A Final
56	2:50pm	3000m	Girls Open	Final
57	3:10pm	3000m	B U-17	Final
58	3:25pm	5000m	B U-20	Final
10g	3:45pm	1500m	Boys Open Octathlon	Final
38a (i)	4:00pm	200m	G U-17	B Final
38a (ii)	4:05pm	200m	G U-17	A Final
39a (i)	4:10pm	200m	B U-17	B Final
39a (ii)	4:20pm	200m	B U-17	A Final
41a (i)	4:25pm	200m	G U-20	B Final
41a (ii)	4:30pm	200m	G U-20	A Final
42a (i)	4:35pm	200m	B U-20	B Final
42a (ii)	4:40pm	200m	B U-20	A Final