

# 2019 NGC/NAAATT NATIONAL OPEN CHAMPIONSHIPS COMPETITION SCHEDULE <u>DAY ONE</u> <u>FRIDAY 26<sup>th</sup> JULY</u>



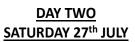
#### Revised 22<sup>nd</sup> July 2019 (Version 2)

NO.	TIME	EVENT	CATEGORY	ROUND
1	6.00pm	Hammer Throw (4kg)	Women	Final
2	6.00pm	Hammer Throw (7.26kg) Men		Final
3	6:15pm	100m	Women	Prelims
4	6.30pm	100m	Men	Prelims
6	6:55pm	400m	Men	Prelims
7	7:20pm	10,000m	Men	Final
8	7:40pm	800m	Men	Prelims
27	7:55pm	200m	Men	Prelims





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	3:00pm		OPENING CEREMONY				
11	4:00pm	Shot Put (7.26kg)	Men	Final			
9	4:00pm	110m Hurdles (1.067m)	Men	Final			
3a	4:15pm	100m	Women	Semi Finals			
4a	4:30pm	100m	Men	Semi Finals			
15	4:45pm	1500m	Women	Final			
16	4:50pm	1500m	Men	Final			
17	5:00pm	Javelin Throw (800g)	Men	Final			
18	5:00pm	Long Jump	Men	Final			
19	5:10pm	400m Hurdles (0.914m)	Men	Prelims			
Medal Presentation							
5	5:30pm	400m	Women	Final			
6a(i)	5:35pm	400m	Men	B Final			
6a(ii)	5:40pm	400m	Men	A Final			
3b(i)	6:00pm	100m	Women	B Final			
3b(ii)	6:05pm	100m	Women	A Final			
4b(i)	6:10pm	100m	Men	B Final			
4b(ii)	6:15pm	100m	Men	A Final			



## 2019 NGC/NAAATT NATIONAL OPEN CHAMPIONSHIPS COMPETITION SCHEDULE

#### DAY THREE SUNDAY 28<sup>th</sup> JULY



#### Revised 22<sup>nd</sup> July 2019 (Version 2)

NO.	TIME	EVENT	CATEGORY	ROUND			
24	2:00pm	100m	Men Masters	Timed-Final			
25	2:00pm	Long Jump	Women	Final			
20	2:00pm	Discus Throw (1kg)	Women	Final			
26	2:05pm	200m	Women	Prelims			
27a	2:15pm	200m	Men	Semi-finals			
29	2:30pm	400m Hurdles (0.762m)	Women	Final			
19a	2:40pm	400m Hurdles (0.914m)	Men	Final			
30	2:45pm	Javelin Throw (600g)	Women	Final			
31	2:45pm	High Jump	Men	Final			
INTERMISSION							
32	3:30pm	Discus Throw (2kg)	Men	Final			
33	3:30pm	Shot Put (4kg)	Women	Final			
35	3:30pm	Triple Jump	Men	Final			
26a(i)	3:30pm	200m	Women	B Final			
26a(ii)	3:35pm	200m	Women	A Final			
27b(i)	3:40pm	200m	Men	B Final			
27b(ii)	3:45pm	200m	Men	A Final			
34	4:00pm	800m	Women	Final			
8a	4:05pm	800m	Men	Final			
21	4:10pm	5,000m	Women	Exhibition			
36	4:10pm	5,000m	Men	Final			
38	4:40pm	4x400m Relay	Men (Open)	Final			
39	4:50pm	4x100m Relay	Women (Open)	Final			
40	5:00pm	4x100m Relay	Men (Open)	Final			
	Medal Presentation						
CLOSURE							