



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



***Revised 22<sup>n</sup>d July 2019 (Version 2)***

<b>NO.</b>	<b>TIME</b>	<b>EVENT</b>	<b>CATEGORY</b>	<b>ROUND</b>
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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2019 NGC/NAAATT NATIONAL OPEN CHAMPIONSHIPS  
COMPETITION SCHEDULE  
**DAY TWO**  
**SATURDAY 27<sup>th</sup> JULY**



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

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



***Revised 22<sup>n</sup>d July 2019 (Version 2)***

<b>NO.</b>	<b>TIME</b>	<b>EVENT</b>	<b>CATEGORY</b>	<b>ROUND</b>
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
<b>INTERMISSION</b>				
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
<b>Medal Presentation</b>				
<b>CLOSURE</b>				