



**ATHLETICS PNG
PNG AIR NATIONAL TRACK AND FIELD CHAMPIONSHIPS
15 TO 17 NOVEMBER 2019**

COMPETITION TIMETABLE

DAY ONE - FRIDAY 15 NOVEMBER 2019

TIME	EVENTS	DIVISION	GENDER	
12:00	TECHNICAL MEETING	Sasi Muthuvel Stadium		
13:00	Opening Ceremony	Sasi Muthuvel Stadium		
14:00	800M Semi Final	U18	M	Note 1
14:15	800M Semi Final	Open	M	Note 1
14:30	100m Round One (if necessary)	Open	M	Note 2
15:00	400M Heats or Final	U14	W	
15:15	400M Heats or Final	U14	M	
15:30	400M Heats or Final	U16	W	
15:45	400M Heats or Final	U16	M	
16:00	400M Heats or Final	U18	W	
16:15	400M Heats or Final	U18	M	
16:30	400M Heats (if necessary)	Open	W	
16:30	400M Heats	Open	M	
16:45	5000M	Open	W	
17:30	10000M	Open	M	

Note 1 The 800m for Open Women and U18 Women and for the U16's will be straight finals on Sunday
For U14 U16 and U18 the 400m finals will be run on Friday if there are insufficient entries to run heats
400m Finals in the Open division will be on Saturday

Note 2 Depending on the number of entries it may be necessary to run three rounds in the 100m. If this is the case then round one will be run on Friday

Note 3 The Open Mens 1500m final is scheduled for 09:00 on Saturday in order to allow those athletes who wish to run the 3000m steeplechase to take part in both events
If the steeplechase is cancelled due to the non availability of equipment then the 1500m Open men will be run on Saturday afternoon after the womens 1500m final

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DAY TWO- SATURDAY 16 NOVEMBER 2019

COMPETITION TIMETABLE

			Draft	
07:15	10000m	Open	W	
08:30	400M Hurdles Final	Open	W	
08:45	400M Hurdles Heats	Open	M	
09:00	1500M Final	Open	M	Note 2
09:00	Triple Jump	Open	M	
09:00	Shot Put	Open	M	
09:00	Discus	U18	M	
09:10	200m Heptathlon	Open	W	
09:20	100M - Octathlon	Open	M	
09:30	100M Semi Final	U 14	Boys	
09:45	100M Semi Final	U14	Girls	
10:00	100M Semi Final	U 16	Boys	
10:15	100M Semi Final	U16	Girls	
10:30	100M Semi Final	U 18	W	
10:45	100M Semi Final	U18	M	
10:45	High Jump	Open/U18/U16	W	
10:45	High Jump Heptathlon	Open	W	
11:00	Long Jump - Octathlon	Open	M	
11:00	Shot Put	Open/U18	W	
11:00	100M Semi Final	OPEN	W	
11:15	100M Semi Final	OPEN	M	
11:30	Medal Presentations 10000m Men and Women			
11:30	Medal P 5000m & 400m H Women ;Shot and Triple J OM			
11:30	Medal P Discus U18M High Jump Women			
12:15	Javelin	U18/U16	M	
12:30	1500M Final	U18	W	
12:45	1500M Final	U18	M	
13:00	1500M Final	Open	W	
13:00	Shot Put Heptathlon	Open	W	
13:00	Triple Jump	Open/U18	W	
13:20	100m Final	U14	Boys	
13:30	100m Final	U14	Girls	
13:40	100m Final	U16	Boys	
13:50	100m Final	U16	Girls	
14:00	100m Final	U18	W	
14:00	High Jump	Open	M	
14:00	Shot Put - Octathlon	Open	M	
14:10	100m Final	U18	M	
14:20	100m Final	Open	W	
14:30	100m Final	Open	M	
14:30	Long Jump	U18/U16	M	
14:30	Long Jump Heptathlon	Open	W	
15:00	Discus	Open	Men	
15:00	400M Final	U 14	O	
15:05	400M Final	U14	Girls	
15:10	400M Final	U 16	Boys	
15:15	400M Final	U16	Girls	
15:20	400M Final	U 18	W	
15:25	400M Final	U18	M	
15:30	400M Octathlon	Open	M	
15:45	400M Final	Open	W	
15:50	400M Final	Open	M	
16:00	3000m Steeplechase Final	Open	M	Note 2
16:15	4 x 100m Relay	U18	W	
16:30	4 x 100m Relay	U18	M	
16:45	4 x 100m Relay	Open	W	
17:00	4 x 100m Relay	Open	M	

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DAY THREE - SUNDAY 17 NOVEMBER 2019

COMPETITION TIMETABLE

			Draft
09:00	Hammer Throw	Open	M/W
09:00	100m Hurdles	U18/Open	W
09:00	100m Hurdles	Heptathlon	W
09:30	110m Hurdles	Octathlon	M
09:30	110m Hurdles	U18/Open	M
10:00	High Jump	U18/U16	M
10:00	200m Semi Final	U14	Boys
10:10	200m Semi Final	U14	Girls
10:20	200m Semi Final	U16	Boys
10:30	200m Semi Final	U16	Girls
10:40	200m Semi Final	U18	M
10:50	200m Semi Final	U18	W
11:00	200m Semi Final	Open	W
11:00	High Jump Octathlon	Open	M
11:00	Long Jump	Open/U18/U16	W
11:00	Javelin	Open	M
11:10	200m Semi Final	Open	M
11:20	3000m	U18	W
11:40	3000m	U18	M
12:10	400m Hurdles Final	Open Men	M
12:30	Discus	U18/Open	W
12:30	Triple Jump	U18	M
12:30	200M Finals	U14	Boys
12:40	200M Finals	U14	Girls
12:50	200M Finals	U16	Boys
13:00	200M Finals	U16	Girls
13:10	200M Finals	U18	W
13:30	Javelin	U16	Girls
13:30	Javelin	Octathlon	M
13:20	200M Finals	U18	M
13:30	200M Finals	Open	W
13:40	200M Finals	Open	M
13:45	Long Jump	Open	M
13:45	Shot Put	U18	M
13:45	Medal Presentations		
14:30	Javelin	Open/U18	W
14:30	Javelin	Heptathlon	W
14:30	800m Finals	U16	Boys
14:40	800m Finals	U16	Girls
14:50	800m Finals	U18	W
15:00	800m Finals	U18	M
15:10	800m Finals	Open	W
15:10	800m Finals	Heptathlon	W
15:20	800m Finals	Open	M
15:45	5000m	Open	M
16:15	1000m	Octathlon	M
16:30	4 x 400m Relay	U18	W
16:45	4 x 400m Relay	U18	M
17:00	4 x 400m Relay	Open	W
17:15	4 x 400m Relay	Open	M
17:30	Medal Presentations		