



**81st Singapore Open Track & Field Championships 2019**  
**28 & 29 Mar 2019, Singapore SportsHub**

THURSDAY 28 MAR 2019 (MORNING SESSION)					
Start Time	Time to Next Event	Event No.	Event	Round	Category
7:00:00 AM			20km Race Walk	Final	Women Open
	02:10:00		20km Race Walk	Final	Men Open
9:10:00 AM	00:02:00		Triple Jump	Final	C Boys
9:12:00 AM	00:13:00		1500m Race Walk	Final	C Girls
9:25:00 AM	00:13:00		1500m Race Walk	Final	B Girls
9:38:00 AM	00:11:00		1500m Race Walk	Final	C Boys
9:49:00 AM	00:09:00		1500m Race Walk	Final	B Boys
9:58:00 AM	00:02:00		Discus Throw (HOA)	Final	Men Open
10:00:00 AM	00:02:00		Javelin Throw	Final	Women Open
10:02:00 AM	00:03:00		20km Race Walk Women - Victory Ceremony		
10:05:00 AM	00:03:00		20km Race Walk Men - Victory Ceremony		
10:08:00 AM	00:05:00		800m	Final	C Girls
10:13:00 AM	00:05:00		800m	Final	C Boys
10:18:00 AM	00:05:00		800m	Final	B Girls
10:23:00 AM	00:05:00		800m	Final	Women Open
10:28:00 AM	00:05:00		800m	Final	Men Open
10:33:00 AM	00:03:00		1500m Race Walk C Girls - Victory Ceremony		
10:36:00 AM	00:03:00		1500m Race Walk B Girls - Victory Ceremony		
10:39:00 AM	00:03:00		1500m Race Walk C Boys - Victory Ceremony		
10:42:00 AM	00:03:00		1500m Race Walk B Boys - Victory Ceremony		
10:45:00 AM	00:10:00		200m	Heats	Women Open
10:55:00 AM	00:15:00		200m	Heats	Men Open
11:10:00 AM	00:03:00		800m C Girls - Victory Ceremony		
11:13:00 AM	00:03:00		800m C Boys - Victory Ceremony		
11:16:00 AM	00:03:00		800m B Girls - Victory Ceremony		
11:19:00 AM	00:03:00		800m Women - Victory Ceremony		
11:22:00 AM	00:03:00		800m Men - Victory Ceremony		
11:25:00 AM	00:03:00		Triple Jump C Boys - Victory Ceremony		
11:28:00 AM	00:10:00		110m Hurdles (1.067m)	Heats	Men Open
11:38:00 AM	00:03:00		Javelin Throw Women - Victory Ceremony		
11:41:00 AM	00:03:00		Discus Throw Men - Victory Ceremony		
11:44:00 AM	00:10:00		100m Hurdles (0.838m)	Heats	Women Open



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Time	Time to Next Event	Event No.	Event	Round	Category
1:30:00 PM	00:02:00		Triple Jump	Final	Men Open
1:32:00 PM	00:02:00		High Jump	Final	Women Open
1:34:00 PM	00:02:00		Shot Put (HOA)	Final	Women Open
1:36:00 PM	00:10:00		110m Hurdles (1.067m)	Final	Men Open
1:46:00 PM	00:10:00		110m Hurdles (0.991m)	Final	A Boys
1:56:00 PM	00:04:00		110m Hurdles (0.914m)	Final	B Boys
2:00:00 PM	00:10:00		100m Hurdles (0.838m)	Final	Women Open
2:10:00 PM	00:10:00		100m Hurdles (0.838m)	Final	A Girls
2:20:00 PM	00:10:00		100m Hurdles (0.838m)	Final	C Boys
2:30:00 PM	00:10:00		100m Hurdles (0.762m)	Final	B Girls
2:40:00 PM	00:10:00		80m Hurdles (0.762m)	Final	C Girls
2:50:00 PM	00:03:00		110m Hurdles Men - Victory Ceremony		
2:53:00 PM	00:03:00		110m Hurdles A Boys - Victory Ceremony		
2:56:00 PM	00:03:00		110m Hurdles B Boys - Victory Ceremony		
2:59:00 PM	00:01:00		200m	Final	Men Open
3:00:00 PM	00:04:00		Javelin Throw	Final	Men Open
3:04:00 PM	00:05:00		200m	Final	Women Open
3:09:00 PM	00:03:00		100m Hurdles Women - Victory Ceremony		
3:12:00 PM	00:03:00		100m Hurdles A Girls - Victory Ceremony		
3:15:00 PM	00:03:00		100m Hurdles C Boys - Victory Ceremony		
3:18:00 PM	00:03:00		100m Hurdles B Girls - Victory Ceremony		
3:21:00 PM	00:03:00		80m Hurdles C Girls - Victory Ceremony		
3:24:00 PM	00:03:00		Triple Jump Men - Victory Ceremony		
3:27:00 PM	00:03:00		Shot Put Women - Victory Ceremony		
3:30:00 PM	00:15:00		2000m Steeplechase	Final	B Boys
3:45:00 PM	00:02:00		Triple Jump	Final	Women Open
3:47:00 PM	00:02:00		High Jump	Final	Men Open
3:49:00 PM	00:15:00		3000m Steeplechase	Final	Men Open
4:04:00 PM	00:03:00		200m Men - Victory Ceremony		
4:07:00 PM	00:03:00		200m Women - Victory Ceremony		
4:10:00 PM	00:03:00		High Jump Women - Victory Ceremony		
4:13:00 PM	00:03:00		Javelin Men - Victory Ceremony		
4:16:00 PM	00:20:00		3000m Steeplechase	Final	Women Open
4:36:00 PM	00:03:00		3000m Steeplechase B Boys - Victory Ceremony		
4:39:00 PM	00:03:00		3000m Steeplechase Men - Victory Ceremony		
4:42:00 PM	00:10:00		400m Hurdles	Final	Men Open
4:52:00 PM	00:10:00		400m Hurdles	Final	Women Open
5:02:00 PM	00:03:00		3000m Steeplechase Women - Victory Ceremony		
5:05:00 PM	00:50:00		10,000m	Final	Men Open
5:55:00 PM	00:03:00		400m Hurdles Women - Victory Ceremony		
5:58:00 PM	00:03:00		400m Hurdles Men - Victory Ceremony		
6:01:00 PM	00:07:00		4 x 100m	Final	Mixed Open
6:08:00 PM	00:55:00		10,000m	Final	Women Open
7:03:00 PM	00:03:00		Triple Jump Women - Victory Ceremony		
7:06:00 PM	00:03:00		10000m Men - Victory Ceremony		
7:09:00 PM	00:07:00		4 x 400m	Final	Mixed Open
7:16:00 PM	00:03:00		10000m Women - Victory Ceremony		
7:19:00 PM	00:03:00		High Jump Men - Victory Ceremony		
7:22:00 PM	00:03:00		4x100m Mixed - Victory Ceremony		
7:25:00 PM	00:03:00		4x400m Mixed - Victory Ceremony		



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FRIDAY 29 MAR 2019 (MORNING SESSION)					
Time	Time to Next Event	Event No.	Event	Round	Category
8:30:00 AM	00:00:00		Hammer Throw (HOA)	Final	Men Open
8:30:00 AM	00:00:00		Hammer Throw (HOA)	Final	Women Open
8:30:00 AM	00:10:00		400m	Heats	Women Open
8:40:00 AM	00:10:00		400m	Heats	Men Open
8:50:00 AM	00:02:00		Pole Vault	Final	Women Open
8:52:00 AM	00:10:00		1500m	Final	Women Open
9:02:00 AM	00:10:00		1500m	Final	Men Open
9:12:00 AM	00:25:00		5000m	Final	Women Open
9:37:00 AM	00:20:00		5000m	Final	Men Open
9:57:00 AM	00:03:00		1500m Men - Victory Ceremony		
10:00:00 AM	00:00:00		1500m Women - Victory Ceremony		
10:00:00 AM	00:05:00		400m	Final	Women Open
10:05:00 AM	00:05:00		400m	Final	Men Open
10:10:00 AM	00:03:00		5000m Women - Victory Ceremony		
10:13:00 AM	00:03:00		5000m Men - Victory Ceremony		
10:16:00 AM	00:03:00		Hammer Throw Women - Victory Ceremony		
10:19:00 AM	00:03:00		Hammer Throw Men - Victory Ceremony		
10:22:00 AM	00:03:00		Pole Vault Women - Victory Ceremony		
10:25:00 AM	00:03:00		400m Women - Victory Ceremony		
10:28:00 AM	00:03:00		400m Men - Victory Ceremony		
10:31:00 AM	00:25:00		100m	Heats	Women Open
10:56:00 AM	00:20:00		100m	Heats	Men Open
11:16:00 AM	00:05:00		100m	Final	Women Masters (50+)
11:21:00 AM	00:09:00		100m	Final	Men Masters (70+)
11:30:00 AM	00:03:00		100m Women Masters (50+) - Victory Ceremony		
11:33:00 AM	00:03:00		100m Men Masters (70+) - Victory Ceremony		



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FRIDAY 29 MAR 2019 (AFTERNOON SESSION)					
Time	Time to Next Event	Event No.	Event	Round	Category
1:30:00 PM	00:00:00		Discus Throw (HOA)	Final	Women Open
1:30:00 PM	00:00:00		Shot Put (HOA)	Final	Men Open
1:30:00 PM	00:02:00		Long Jump	Final	Men Open
1:32:00 PM	00:02:00		Pole Vault	Final	Men Open
2:00:00 PM	00:04:00		100m	Final	C Girls
2:04:00 PM	00:04:00		100m	Final	B Girls
2:08:00 PM	00:04:00		100m	Final	A Girls
2:12:00 PM	00:04:00		100m	Final	Para Girls
2:16:00 PM	00:02:00		High Jump	Final	A Boys
2:18:00 PM	00:04:00		100m	Final	Para Boys
2:22:00 PM	00:03:00		100m C Girls - Victory Ceremony		
2:25:00 PM	00:03:00		100m B Girls - Victory Ceremony		
2:28:00 PM	00:03:00		100m A Girls - Victory Ceremony		
2:31:00 PM	00:03:00		100m Para Girls - Victory Ceremony		
2:34:00 PM	00:03:00		100m Para Boys - Victory Ceremony		
2:37:00 PM	00:04:00		100m	Final	C Boys
2:41:00 PM	00:04:00		100m	Final	B Boys
2:45:00 PM	00:04:00		100m	Final	A Boys
2:49:00 PM	00:04:00		100m	Final A	Women Open
2:53:00 PM	00:04:00		100m	Final B	Women Open
2:57:00 PM	00:04:00		100m	Final A	Men Open
3:01:00 PM	00:04:00		100m	Final B	Men Open
3:05:00 PM	00:03:00		100m C Boys - Victory Ceremony		
3:08:00 PM	00:03:00		100m B Boys - Victory Ceremony		
3:11:00 PM	00:03:00		100m A Boys - Victory Ceremony		
3:14:00 PM	00:03:00		100m Women - Victory Ceremony		
3:17:00 PM	00:03:00		100m Men - Victory Ceremony		
3:20:00 PM	00:08:00		1500m	Final	A Girls
3:28:00 PM	00:07:00		1500m	Final	A Boys
3:35:00 PM	00:03:00		Long Jump	Final	Women Open
3:38:00 PM	00:03:00		Discus Throw Women - Victory Ceremony		
3:41:00 PM	00:03:00		Shot Put Men - Victory Ceremony		
3:44:00 PM	00:03:00		Long Jump Men - Victory Ceremony		
3:47:00 PM	00:06:00		4 x 100m	Final	Women Open
3:53:00 PM	00:06:00		4 x 100m	Final	Men Open
3:59:00 PM	00:06:00		4 x 100m	Final	C Girls
4:05:00 PM	00:06:00		4 x 100m	Final	B Girls
4:11:00 PM	00:06:00		4 x 100m	Final	A Girls
4:17:00 PM	00:06:00		4 x 100m	Final	C Boys
4:23:00 PM	00:06:00		4 x 100m	Final	B Boys
4:29:00 PM	00:06:00		4 x 100m	Final	A Boys
4:35:00 PM	00:03:00		Long Jump Women - Victory Ceremony		
4:38:00 PM	00:03:00		Pole Vault Men - Victory Ceremony		
4:41:00 PM	00:03:00		1500m A Girls - Victory Ceremony		
4:44:00 PM	00:03:00		1500m A Boys - Victory Ceremony		
4:47:00 PM	00:08:00		4 x 400m	Final	Women Open
4:55:00 PM	00:06:00		4 x 400m	Final	Men Open
5:01:00 PM	00:08:00		4 x 400m	Final	C Girls
5:09:00 PM	00:06:00		4 x 400m	Final	B Girls
5:15:00 PM	00:08:00		4 x 400m	Final	A Girls
5:23:00 PM	00:06:00		4 x 400m	Final	C Boys
5:29:00 PM	00:08:00		4 x 400m	Final	B Boys
5:37:00 PM	00:06:00		4 x 400m	Final	A Boys
5:43:00 PM	00:03:00		4x100m Women - Victory Ceremony		
5:46:00 PM	00:03:00		4x100m Men - Victory Ceremony		
5:49:00 PM	00:03:00		4x400m Women - Victory Ceremony		
5:52:00 PM	00:03:00		4x400m Men - Victory Ceremony		
5:55:00 PM	00:03:00		High Jump A Girls - Victory Ceremony		
5:58:00 PM	00:03:00		4x100 Schools C Girls - Victory Ceremony		
6:01:00 PM	00:03:00		4x100 Schools C Boys - Victory Ceremony		
6:04:00 PM	00:03:00		4x100 Schools B Girls - Victory Ceremony		
6:07:00 PM	00:03:00		4x100 Schools B Boys - Victory Ceremony		
6:10:00 PM	00:03:00		4x100 Schools A Girls - Victory Ceremony		
6:13:00 PM	00:03:00		4x100 Schools A Boys - Victory Ceremony		
6:16:00 PM	00:03:00		4x400 Schools C Girls - Victory Ceremony		
6:19:00 PM	00:03:00		4x400 Schools C Boys - Victory Ceremony		
6:22:00 PM	00:03:00		4x400 Schools B Girls - Victory Ceremony		
6:25:00 PM	00:03:00		4x400 Schools B Boys - Victory Ceremony		
6:28:00 PM	00:03:00		4x400 Schools A Girls - Victory Ceremony		
6:31:00 PM	00:03:00		4x400 Schools A Boys - Victory Ceremony		
6:34:00 PM	00:03:00		C Division Girls Championships - Victory Ceremony		
6:37:00 PM	00:03:00		C Division Boys Championships - Victory Ceremony		
6:40:00 PM	00:03:00		B Division Girls Championships - Victory Ceremony		
6:43:00 PM	00:03:00		B Division Boys Championships - Victory Ceremony		
6:46:00 PM	00:03:00		A Division Girls Championships - Victory Ceremony		
6:49:00 PM	00:03:00		A Division Boys Championships - Victory Ceremony		
6:52:00 PM	00:03:00		Overall Championships - Victory Ceremony		
6:55:00 PM	00:03:00		Singapore National Anthem		