

**Appendix B - Competition Schedule**

**2019 SAA Track and Field Series 1**

**19-Jan-19**

**Home of Athletics**

Day 1: AM									
No.	Event	Category	Status	Time	No.	Event	Category	Status	
	5000m Race walk	Mixed Open	Final	0800hrs		Javelin (800g)	Men Open	Final	
	10000m Race walk	Trial Open	Final						
				0830hrs		High Jump	Men Advance*	Final	
							Shot Put (4kg)	Women Open	Final
							Discus (1kg)	Women Open	Final
							Discus (2kg)	Men Open	Final
							Long Jump	Women Open	Final
				0845hrs		Long Jump	Men Open	Final	
	5000m	Mixed Open	Final				Pole Vault	Girls Novice*	Final
	100m	Women Open	Timed Final	0920hrs		Pole Vault	Boys Novice*	Final	
	100m	Men Open	Timed Final	0930hrs					
				0945hrs		Triple Jump	Men Open	Final	
	1500m	Women Open	Final				Triple Jump	Women Open	Final
	1500m	Men Open	Final	0955hrs					
	200m	Women Open	Timed Final	1005hrs					
	200m	Men Open	Timed Final	1010hrs					
	800m	Women Open	Timed Final	1020hrs					
	800m	Men Open	Timed Final	1025hrs					
	400m	Women Open	Timed Final	1030hrs					
	400m	Men Open	Timed Final	1035hrs					
	110m Hurdles (1.067m)	Men Open	Timed Final	1050hrs					
	100m Hurdles (0.838m)	Women Open	Timed Final	1100hrs					

\* Kindly refer to vertical jump competition format

\*\* Schedule planned via HP recommendation, selection refer to <http://www.singaporeathletics.org.sg/sports-development-and-performance>

**27-Jan-19**  
**Home of Athletics**

Day 2: PM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
					1300hrs	Triple Jump	Men U20	Final
						Triple Jump	Boys U18	Final
						Shot Put (4kg)	Women U20	Final
						Shot Put (3kg)	Girls U18	Final
						Javelin (700g)	Boys U18	Final
						Javelin (800g)	Men U20	Final
	100m	Girls U18	Timed Final			High Jump	Girls Novice*	Final
	100m	Boys U18	Timed Final	1330hrs				
	110m Hurdles (0.914m)	Boys U18	Timed Final	1355hrs				
	100m Hurdles (0.762m)	Girls U18	Timed Final	1405hrs				
	400m	Girls U18	Timed Final	1415hrs				
					1430hrs	Triple Jump	Women U20	Final
						Triple Jump	Girls U18	Final
						Shot Put (6kg)	Men U20	Final
						Shot Put (5kg)	Boys U18	Final
	400m	Boys U18	Timed Final			High Jump	Boys Novice*	Final
	800m	Girls U18	Timed Final	1500hrs		Javelin (600g)	Women U20	Final
	800m	Boys U18	Timed Final	1510hrs				
	400m Hurdles (0.838m)	Boys U18	Timed Final	1525hrs				
	3000m	Girls U18	Final	1545hrs				
	3000m	Boys U18	Final	1605hrs				
					1630hrs	High Jump	Girls Intermediate*	Final
						High Jump	Men Intermediate*	Final

\* Kindly refer to vertical jump competition format

\*\* Schedule planned via HP recommendation, selection refer to <http://www.singaporeathletics.org.sg/sports-development-and-performance>

**2-Feb-19**  
**Home of Athletics**

Day 3: AM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
					0830hrs	Pole Vault	Women Intermediate*	Final
						Pole Vault	Men Intermediate*	Final
	1500m	Girls U18	Final			Long Jump	Boys U18	Final
	1500m	Women U20	Final			Discus (1kg)	Girls U18	Final
	1500m	Boys U18	Final		0840hrs			
	1500m	Men U20	Final					
	100m	Women U20	Timed Final	0900hrs		Discus (1.5kg)	Boys U18	Final
	100m	Men U20	Timed Final	0910hrs				
	400m	Women U20	Timed Final	0930hrs				
	400m	Men U20	Timed Final	0945hrs				
					1000hrs	Hammer (5kg)	Boys U18	Final
					1010hrs	Long Jump	Men U20	Final

Day 3: PM								
No.	Event	Category	Status	Time	No.	Event	Category	Status
					1400hrs	Discus (1.75kg)	Men U20	Final
						Long Jump	Girls U18	Final
						Pole Vault	Men Advance*	Final
	110m Hurdles (0.991m)	Men U20	Timed Final	1430hrs				
	100m Hurdles (0.838m)	Women U20	Timed Final	1440hrs				
	200m	Boys U18	Timed Final	1500hrs				
	200m	Women U20	Timed Final	1505hrs				
	200m	Men U20	Timed Final	1515hrs				
	800m	Women U20	Timed Final	1520hrs				
	800m	Men U20	Timed Final	1530hrs		Long Jump	Women U20	Final
	10000m Race walk	Mixed Open	Final	1600hrs				