

**1<sup>st</sup> MALAYSIAN OPEN GRAND PRIX 2019 , KUALA LUMPUR****DAY ONE ( 30 MARCH 2019)**

Event No	Time	Events	Category	Stage
101	9.00am	Triple Jump	Women	Final
102	9.00am	Hammer Throw	Women	Final
103	9.10am	Pole Vault	Men	Final
104	9.15am	100m	Women	S/Final
105	9.45am	100m	Men	S/Final
10.25 am - Victory Ceremony For Event No. 101 , & 102				
106	10.45am	400m Hurdles	Women	S/Final
107	11.10am	400m Hurdles	Men	S/Final
11.40 am -Victory Ceremony For Event No. 103				
Break				
108	2.30pm	Pole vault	Women	Final
109	2.45pm	400m Hurdles	Women	Final
110	3.05pm	400m Hurdles	Men	Final
111	3.05pm	Triple Jump	Men	Final
112	3.10pm	Hammer Throw	Men	Final
113	3.15pm	Shot Put	Men	Final
114	3.25pm	100m	Women	Final
115	3.45pm	100m	Men	Final
4.00 pm -Victory Ceremony For Event No. 109, 110 &111				
116	4.30pm	800m	Women	Final
117	4.50pm	800m	Men	Final
5.20 pm -Victory Ceremony For Event No. 112 , 113,114 &115				
118	5.40pm	3000m Steeplechase	Men	Final
5.45 pm -Victory Ceremony For Event No. 108 , 116 & 117				
6.00 pm -Victory Ceremony For Event No. 118				

**DAY TWO (31 MARCH 2019)**

Event No	Time	Events	Category	Stage
201	8.45am	5000m	Men	Final
202	9.00am	Long Jump	Women	Final
203	9.05am	Discus Throw	Men	Final
204	9.10am	High Jump	Women	Final
205	9.25am	200m	Women	S/Final
206	9.50am	200m	Men	S/Final
207	10.15am	400m	Women	S/Final
208	10.40am	400m	Men	S/Final
11.10 am -Victory Ceremony For Event No. 201 , 202 ,203 & 204				
209	11.40m	110m Hurdles	Men	S/Final
210	11.55am	100m Hurdles	Women	S/Final
Break				
211	2.30pm	High Jump	Men	Final
212	2.30pm	Long Jump	Men	Final
213	2.35pm	Discus Throw	Men	Final
214	2.35pm	100m Hurdles	Women	Final
215	2.55pm	110m Hurdles	Men	Final
216	3.25pm	400m	Women	Final
217	3.45pm	400m	Men	Final
4.00 pm -Victory Ceremony For Event No. 212,213, 214 &215				
218	4.25pm	1500m	Women	Final
219	4.45pm	1500m	Men	Final
5.00 pm -Victory Ceremony For Event No. 211 ,216 &217				
220	5.20pm	200m	Women	Final
221	5.40pm	200m	Men	Final
5.55 pm -Victory Ceremony For Event No. 218 , 219, 220 & 221				