



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		1	20km Race Walk	Final	Women Open
	02:10:00	3	20km Race Walk	Final	Men Open
9:10:00 AM	00:20:00		Triple Jump	Final	C Boys
9:30:00 AM	00:13:00		1500m Race Walk	Final	C Girls
9:43:00 AM	00:13:00		1500m Race Walk	Final	B Girls
9:56:00 AM	00:04:00		1500m Race Walk	Final	C Boys
10:00:00 AM	00:07:00	10	Discus Throw (HOA)	Final	Men Open
10:07:00 AM	00:09:00		1500m Race Walk	Final	B Boys
10:16:00 AM	00:02:00	8	Javelin Throw	Final	Women Open
10:18:00 AM	00:03:00	20km Race Walk Women - Victory Ceremony			
10:21:00 AM	00:03:00	20km Race Walk Men - Victory Ceremony			
10:24:00 AM	00:05:00		800m	Final	C Girls
10:29:00 AM	00:05:00		800m	Final	C Boys
10:34:00 AM	00:05:00		800m	Final	B Girls
10:39:00 AM	00:05:00	8	800m	Final	Women Open
10:44:00 AM	00:05:00	12	800m	Final	Men Open
10:49:00 AM	00:03:00	1500m Race Walk C Girls - Victory Ceremony			
10:52:00 AM	00:03:00	1500m Race Walk B Girls - Victory Ceremony			
10:55:00 AM	00:03:00	1500m Race Walk C Boys - Victory Ceremony			
10:58:00 AM	00:03:00	1500m Race Walk B Boys - Victory Ceremony			
11:01:00 AM	00:10:00	16	200m	Heats	Women Open
11:11:00 AM	00:15:00	21	200m	Heats	Men Open
11:26:00 AM	00:03:00	800m C Girls - Victory Ceremony			
11:29:00 AM	00:03:00	800m C Boys - Victory Ceremony			
11:32:00 AM	00:03:00	800m B Girls - Victory Ceremony			
11:35:00 AM	00:03:00	800m Women - Victory Ceremony			
11:38:00 AM	00:03:00	800m Men - Victory Ceremony			
11:41:00 AM	00:03:00	Triple Jump C Boys - Victory Ceremony			
11:44:00 AM	00:10:00	13	110m Hurdles (1.067m)	Heats	Men Open
11:54:00 AM	00:03:00	Javelin Throw Women - Victory Ceremony			
11:57:00 AM	00:03:00	Discus Throw Men - Victory Ceremony			



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THURSDAY 28 MAR 2019 (AFTERNOON SESSION)					
Time	Time to Next Event	Event No.	Event	Round	Category
1:30:00 PM	00:02:00	8	Triple Jump	Final	Men Open
1:32:00 PM	00:02:00	7	High Jump	Final	Women Open
1:34:00 PM	00:02:00	5	Shot Put (HOA)	Final	Women Open
1:36:00 PM	00:10:00	9	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	5	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	00:00:00		100m Hurdles (0.762m)	Final	B Girls
2:30:00 PM	00:10:00	16	Javelin Throw	Final	Men Open
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	00:05:00	9	200m	Final	Men Open
3:04:00 PM	00:05:00	9	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	6	Triple Jump	Final	Women Open
3:47:00 PM	00:02:00	9	High Jump	Final	Men Open
3:49:00 PM	00:15:00	4	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	2	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	11	400m Hurdles	Final	Men Open
4:52:00 PM	00:10:00	7	400m Hurdles	Final	Women Open
5:02:00 PM	00:03:00	3000m Steeplechase Women - Victory Ceremony			
5:05:00 PM	00:45:00	4	10,000m	Final	Men Open
5:50:00 PM	00:03:00	400m Hurdles Women - Victory Ceremony			
5:53:00 PM	00:03:00	400m Hurdles Men - Victory Ceremony			
5:56:00 PM	00:07:00	2	4 x 100m	Final	Mixed Open
6:03:00 PM	00:55:00	4	10,000m	Final	Women Open
6:58:00 PM	00:03:00	Triple Jump Women - Victory Ceremony			
7:01:00 PM	00:03:00	10000m Men - Victory Ceremony			
7:04:00 PM	00:03:00	10000m Women - Victory Ceremony			
7:07:00 PM	00:03:00	High Jump Men - Victory Ceremony			
7:10:00 PM	00:03:00	4x100m 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	2	Hammer Throw (HOA)	Final	Men Open
8:30:00 AM	00:00:00	1	Hammer Throw (HOA)	Final	Women Open
8:30:00 AM	00:02:00	16	Long Jump	Qfy 1	Men Open
8:30:00 AM	00:10:00	12	400m	Heats	Women Open
8:40:00 AM	00:10:00	24	400m	Heats	Men Open
8:50:00 AM	00:02:00	8	Pole Vault	Final	Women Open
8:52:00 AM	00:10:00	6	1500m	Final	Women Open
9:02:00 AM	00:10:00	12	1500m	Final	Men Open
9:12:00 AM	00:25:00	6	5000m	Final	Women Open
9:37:00 AM	00:20:00	10	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	00:00:00	16	Long Jump	Qfy 2	Men Open
10:00:00 AM	00:05:00	9	400m	Final	Women Open
10:05:00 AM	00:05:00	9	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	00:20:00	30	100m	Heats	Women Open
10:51:00 AM	00:40:00	53	100m	Heats	Men Open
11:31:00 AM	00:07:00	4	100m	Final	Men Masters (70+)
11:38:00 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	5	Discus Throw (HOA)	Final	Women Open
1:30:00 PM	00:00:00	10	Shot Put (HOA)	Final	Men Open
1:30:00 PM	00:02:00	12	Long Jump	Final	Men Open
1:32:00 PM	00:02:00	13	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	9	100m	Final A	Women Open
2:53:00 PM	00:04:00	9	100m	Final B	Women Open
2:57:00 PM	00:04:00	9	100m	Final A	Men Open
3:01:00 PM	00:04:00	9	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	00:03:00	10	Long Jump	Final	Women Open
3:23:00 PM	00:08:00		1500m	Final	A Girls
3:31:00 PM	00:07:00		1500m	Final	A Boys
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	00:12:00	10	4 x 100m	Timed Final	Women Open
3:59:00 PM	00:12:00	11	4 x 100m	Timed Final	Men Open
4:11:00 PM	00:06:00		4 x 100m	Final	C Girls
4:17:00 PM	00:06:00		4 x 100m	Final	B Girls
4:23:00 PM	00:06:00		4 x 100m	Final	A Girls
4:29:00 PM	00:06:00		4 x 100m	Final	C Boys
4:35:00 PM	00:06:00		4 x 100m	Final	B Boys
4:41:00 PM	00:06:00		4 x 100m	Final	A Boys
4:47:00 PM	00:03:00		Long Jump Women - Victory Ceremony		
4:50:00 PM	00:03:00		Pole Vault Men - Victory Ceremony		
4:53:00 PM	00:03:00		1500m A Girls - Victory Ceremony		
4:56:00 PM	00:03:00		1500m A Boys - Victory Ceremony		
4:59:00 PM	00:06:00	2	4 x 400m	Final	Women Open
5:05:00 PM	00:06:00	4	4 x 400m	Final	Men Open
5:11:00 PM	00:08:00		4 x 400m	Final	C Girls
5:19:00 PM	00:06:00		4 x 400m	Final	B Girls
5:25:00 PM	00:08:00		4 x 400m	Final	A Girls
5:33:00 PM	00:06:00		4 x 400m	Final	C Boys
5:39:00 PM	00:08:00		4 x 400m	Final	B Boys
5:47:00 PM	00:06:00		4 x 400m	Final	A Boys
5:53:00 PM	00:03:00		4x100m Women - Victory Ceremony		
5:56:00 PM	00:03:00		4x100m Men - Victory Ceremony		
5:59:00 PM	00:03:00		4x400m Women - Victory Ceremony		
6:02:00 PM	00:03:00		4x400m Men - Victory Ceremony		
6:05:00 PM	00:03:00		High Jump A Boys - Victory Ceremony		
6:08:00 PM	00:03:00		4x100 Schools C Girls - Victory Ceremony		
6:11:00 PM	00:03:00		4x100 Schools C Boys - Victory Ceremony		
6:14:00 PM	00:03:00		4x100 Schools B Girls - Victory Ceremony		
6:17:00 PM	00:03:00		4x100 Schools B Boys - Victory Ceremony		
6:20:00 PM	00:03:00		4x100 Schools A Girls - Victory Ceremony		
6:23:00 PM	00:03:00		4x100 Schools A Boys - Victory Ceremony		
6:26:00 PM	00:03:00		4x400 Schools C Girls - Victory Ceremony		
6:29:00 PM	00:03:00		4x400 Schools C Boys - Victory Ceremony		
6:32:00 PM	00:03:00		4x400 Schools B Girls - Victory Ceremony		
6:35:00 PM	00:03:00		4x400 Schools B Boys - Victory Ceremony		
6:38:00 PM	00:03:00		4x400 Schools A Girls - Victory Ceremony		
6:41:00 PM	00:03:00		4x400 Schools A Boys - Victory Ceremony		
6:44:00 PM	00:03:00		C Division Girls Championships - Victory Ceremony		
6:47:00 PM	00:03:00		C Division Boys Championships - Victory Ceremony		
6:50:00 PM	00:03:00		B Division Girls Championships - Victory Ceremony		
6:53:00 PM	00:03:00		B Division Boys Championships - Victory Ceremony		
6:56:00 PM	00:03:00		A Division Girls Championships - Victory Ceremony		
6:59:00 PM	00:03:00		A Division Boys Championships - Victory Ceremony		
7:02:00 PM	00:03:00		Singapore National Anthem		