

<b>SMA 40TH ANNIVERSARY TRACK &amp; FIELD EVENTS SCHEDULE</b>				
<b>Day 1</b>				
<b>Bukit Gombak Stadium 7am-10pm</b>				
<b>4/5/2019</b>				
101	8.00am	5000m/Run	Men/women	All Age Group
102.	8.00am	Pole vault	Men	All Age Group
103.	8.00am	Triple Jump	Women	All Age Group
104	8.00am	Discus	Men	All Age Group
105	9.00am	60m	Men	All Age Group
106	9.30am	60m	Women	All Age Group
107	9.30 am	Javelin	Women	All Age Group
108	10.00am	400m Hurdles	Men(0.914m)	M35+40+45
109	10.10am	400m Hurdles	Men(0.840m)	M50+55
110	10.30 am	Long Jump	Men	All Age Group
111	10.30 am	Shot Put	Women	All Age Group
112	10.30am	Javelin	Men	All Age Group
113	10.40am	300m Hurdles	Men (0.686m)	M70+75
114	11.00am	300m Hurdles	Women (0.762m)	W50+55
115	11.15am	800m	Women	All Age Group
116	11.30am	800m	Men	All Age Group
117	11.50am	200m	Men	All Age Group
118	12.10pm	200m	Women	All Age Group

<b>Afternoon 12.30 pm to 2.30 pm Opening Ceremony</b>	
<b>1.00 pm</b>	<b>School Band Performance</b> <b>Arrival of Guest of Honor</b> <b>Prof Fatimah Lateef</b> <b>Member of Parliament for</b> <b>Marine Parade GRC</b> <b>Advisor to Marine Parade GRC GRO</b> <b>Advisor Singapore Masters Athletics</b>
<b>1.15pm</b>	<b>March in Of Athletes from Participating Countries</b> <b>Singapore National Anthem and Flag Raising</b> <b>Guest of Honour Inspection of Athletes from</b> <b>Participating Countries</b> <b>Athletes Participating Countries March Off</b>
<b>1.30pm</b>	
<b>1.40pm</b>	
<b>2.00pm</b>	

119	2.30pm	2000m SteepleChase (0.762)	Men	60+
120	2.45pm	2000m SteepleChase (0.914)	Men	35+ to 55
121	3.00 pm	4x100m	Women	All Age Group
122	3.00 pm	4x100m	Men	All Age Group
123	4.00.pm	5000mWalk	Women	All Age Group
124	4.45 pm	5000mWalk	Men	60+65+70+75+80 +
125	5.30 pm	5000mWalk	Men	35+40+45+50+55
<p><b>SMA 40th Anniversary Bicentennial Special events Golden Mile Singaporean &amp; Foreigners can participate No Age Limit.</b>  <b>Bicentennial Golden Mile Men Mizra Namazie Challenge Trophy</b>  <b>Bicentennial 100m Sprint Women for Glory Barnabas Challenge Trophy</b></p>				
5.00 pm End				

## Day 2

<b>05/MAY/2019</b>		<b>Bukit Gombak Stadium Morning</b>		
126	7.30am	10000m Run	Men	All Age Group
127	8.00am	Hammer	Men/Women	All Age Group
128	8.00am	Triple Jump	Men	All Age Group
129	8.00am	Long Jump	Women	All Age Group
130	8.00am	High Jump	Men	All Age Group
131	9.20am	1500m	Men	All Age Group
132	9.30am	1500m	Women	All Age Group
133	9.40am	400m	Women	All Age Group
134	10.00am	400m	Men	All Age Group
135	10.30am	Shot put	Men	All Age Group
136	10.30 am	Discus	Women	All Age Group
137	10.30am	High Jump	Women	All Age Group
138	10.30am	110m Hurdles	Men (0.991cm)	35+40+45
139	10.40am	100m Hurdles	Men (0.914 cm)	50+55
140	10.50am	100m Hurdles	Men (0.840 cm)	60+65
141	11.00am	100m Hurdles	Women (0.840cm)	W35

142	11.15am	80m Hurdles	Men (0.762 cm )	M 70+75
143	11.30am	80m Hurdles	Women (0.762 cm)	W40+55

### **AFTERNOON**

144	2.00 pm	100m	Men	All Age Group
145	2.30 pm	100m	Women	All Age Group
146	3.00 pm	4x400m	Men	All Age Group
147	3.30 pm	4x400m	Women	All Age Group

<b>SMA 40th Anniversary special events Golden Mile &amp; 100m Challenge</b> Singaporean & Foreigners can participate Age Limit 18 above				
6.00 pm Bicentennial 100m Men for the C.Kunalan Challenge Trophy				
6.30 pm Bicentennial Golden Mile Women for the K Jayamani Challenge Trophy				
7.00 pm Medals Presentation & Flag Raising Ceremony Athletes from Participating Countries Assemble at the field near Prize presentation podium				
<b>Closing Ceremony</b>				
<b>7.15pm End</b>				