

# Competition Schedule

S/N	Sports	Sat	Sun	Mon-Fri	Sat	Sun	Mon-Fri	Sat	Sun	Mon-Fri	Fri	Sat	Sun	Mon-Thu	Fri	Sat	Sat	Sat
		13-Jul	14-Jul	15-19Jul	20-Jul	21-Jul	22-26Jul	27-Jul	28-Jul	29Jul-1 Aug	2 Aug	3-Aug	4-Aug	5-8Aug	9 Aug	10-Aug	24/30 Aug	31-Aug
1	*Aquatics – Swimming																	
	Aquatics – Water Polo																	
2	*Archery																	
3	*Athletics																	
4	*Badminton																	
5	*Basketball																	
6	Bowling																	
7	*Canoe Sprint																	
	Canoe Polo																	
8	Dragon Boat																	
9	Fencing																	
10	Floorball																	
11	*Football																	
12	Ultimate (Flying Disc)																	
13	Hockey																	
14	Netball																	
15	Petanque																	
16	Pickleball																	
17	Sailing																	
18	Sepak Takraw																	
19	Silat																	
20	Squash																	
21	*Table Tennis																	
22	Tennis																	
23	Taekwondo																	
24	Indoor Volleyball																	
	Beach Volleyball																	
SE 1	Adventure Race																	
SE 2	Round Island Bike Adventure																	
SE 3	Kayaking Discovery																	
SE 4	Stadium Run																	

Games Period

Finals

## ATHLETICS 2019

					Track			Field						
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status				
1	Saturday	27-Jul	8.30AM	Home of Athletics	Youth Pentathlon	Girls U6	Final							
			8.30AM		Youth Pentathlon	Boys U6	Final							
			8.30AM		Youth Pentathlon	Girls U8	Final							
			8.30AM		Youth Pentathlon	Boys U8	Final							
			9.30AM		Youth Pentathlon	Girls U10	Final							
			9.30AM		Youth Pentathlon	Boys U10	Final							
			10.30AM		Youth Pentathlon	Girls U12	Final							
			10.30AM		Youth Pentathlon	Boys U12	Final							
			10.30AM		Youth Pentathlon	Girls U14	Final							
			10.30AM		Youth Pentathlon	Boys U14	Final							
			12.00PM		Victory Ceremony									
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status				
1	Saturday	27-Jul	2.00PM	Home of Athletics	100m	Women Masters (35 - 70+)	Timed Finals	Long Jump	Women Masters (35 - 65+)	Final				
			2.30PM		100m	Men Masters (35 - 70+)	Timed Finals							
			3.00PM		Victory Ceremony									
			3.30PM		400m	Women Masters (35 - 70+)	Timed Finals							
			3.50PM		400m	Men Masters (35 - 70+)	Timed Finals							
			4.10PM		Victory Ceremony									
			4.30PM		1500m	Women Masters (35 - 70+)	Timed Finals							
			4.45PM		1500m	Men Masters (35 - 70+)	Timed Finals	Long Jump	Men Masters (35 - 65+)	Final				
			5.00PM		Victory Ceremony									
			5.20PM		3000m Racewalk	Women Masters (35 - 70+)	Timed Finals							
			5.40PM		3000m Racewalk	Men Masters (35 - 70+)	Timed Finals							
			6.30PM		Victory Ceremony									

## ATHLETICS 2019

ATHLETICS 2019															
					Track			Field							
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status					
2	Sunday	28-Jul	8.30AM	Home of Athletics				Long Jump	Men U20	Final					
			8.40AM		200m	Women U20	Heats	Long Jump	Men Open	Final					
			8.50AM					Shot Put	Women Open	Final					
			9.10AM		200m	Women Open	Heats	Pole Vault	Women Open	Final					
			9.30AM		200m	Men U20	Heats	Pole Vault	Women U20	Final					
			10.00AM		800m	Men Open	Heats								
			10.30AM		800m	Women Open	Timed Finals	Shot Put	Men Open	Final					
			10.40AM		800m	Men Open	Timed Finals								
			11.00AM		Victory Ceremony										
			11.20AM		200m	Women U20	Final								
			11.25AM		200m	Women Open	Final								
			11.30AM		200m	Men U20	Final								
			11.40AM		200m	Men Open	Final								
							Victory Ceremony								
									Track			Field			
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status					
			2.10PM	Home of Athletics	100m	Women U20	Heats	Discus	Women Open	Final					
			2.15PM		100m	Women Open	Heats	Pole Vault	Men Open	Final					
			2.20PM		100m	Women Corp.	Heats	Pole Vault	Men U20	Final					
			2.35PM		100m	Men U20	Heats								
			2.40PM		100m	Men Open	Heats								
			3.00PM		100m	Men Corp.	Heats								
			3.10PM		400m	Women U20	Heats	Long Jump	Women U20	Final					
			3.20PM		400m	Women Open	Heats	Long Jump	Women Open	Final					
			3.30PM		Victory Ceremony										
			3.40PM		400m	Men U20	Heats	Discus	Men Open	Final					
			3.50PM		400m	Men Open	Heats								
			4.10PM		5000m Racewalk	Women U20	Final								
			4.50PM		Victory Ceremony										
			5.20PM		5000m Racewalk	Men U20	Final								
			6.00PM		Victory Ceremony										

# ATHLETICS 2019

				Track			Field								
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status					
3	Saturday	3-Aug	8.30AM 8.35AM 8.40AM 8.40AM 8.55AM 9.00AM 9.20AM 9.25AM 9.30AM 10.00AM 10.05AM 10.10AM	Home of Athletics		1500m	Women U20	Timed Finals	High Jump	Women Open	Final				
						1500m	Women Open	Timed Finals	High Jump	Women U20	Final				
						1500m	Men U20	Timed Finals	Javelin	Men Open	Final				
						1500m	Men Open	Timed Finals							
					Victory Ceremony										
						100m	Women U20	Final	Triple Jump	Women Open	Final				
						100m	Women Open	Final							
						100m	Women Corp.	Final							
						100m	Men U20	Final							
						100m	Men Open	Final							
						100m	Men Corp.	Final							
					Victory Ceremony										
				400m	Women U20	Final									
				400m	Women Open	Final									
				400m	Men U20	Final									
				400m	Men Open	Final									
			Victory Ceremony												
				11.10AM											
							Track			Field					
			No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status		
						1.30PM 1.40PM 1.50PM 2.00PM 2.10PM 2.20PM 2.30PM 2.40PM 2.50PM 3.00PM 3.10PM 3.30PM 3.40PM 3.50PM 4.00PM 4.10PM 4.20PM 4.30PM 4.40PM 4.50PM 5.10PM 5.20PM 5.30PM 5.50PM 6.00PM 6.10PM 6.20PM 6.30PM 6.40PM			4x100m	Girls U12	Heats				
	4x100m	Boys U12						Heats							
	4x100m	Girls U14						Heats							
	4x100m	Boys U14						Heats	High Jump	Men Open	Final				
	4x100m	Women U20						Heats	High Jump	Men U20	Final				
	4x100m	Men U20						Heats	Javelin	Women Open	Final				
	4x100m	Women Open						Heats							
	4x100m	Men Open						Heats							
	4x100m	Women Corp.						Heats							
	4x100m	Men Corp.						Heats	Triple Jump	Men Open	Final				
Victory Ceremony															
	4x100m	Girls U12						Final							
	4x100m	Boys U12						Final							
	4x100m	Girls U14						Final							
	4x100m	Boys U14						Final							
	4x100m	Girls U16						Final							
	4x100m	Boys U16						Final							
	4x100m	Girls U18						Final							
	4x100m	Boys U18						Final							
Victory Ceremony															
	4x100m	Women U20						Final							
	4x100m	Men U20						Final							
	4x100m	Women Open						Final							
	4x100m	Men Open						Final							
	4x100m	Women Corp.						Final							
	4x100m	Men Corp.						Final							
	4x100m	Women Masters						Final							
	4x100m	Men Masters				Final									
Victory Ceremony															

# ATHLETICS 2019

ATHLETICS 2019															
					Track			Field							
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status					
4	Sunday	4-Aug		Home of Athletics	100m	Girls U14 (VI)	Final								
					100m	Girls U14 (II)	Final								
					100m	Girls U14 (PI Stand)	Final								
					100m	Girls U14 (PI Wheelchair)	Final								
					100m	Girls U14 (D)	Final								
					100m	Boys U14 (VI)	Final								
					100m	Boys U14 (II)	Final								
					100m	Boys U14 (PI Stand)	Final								
					100m	Boys U14 (PI Wheelchair)	Final								
					100m	Boys U14 (D)	Final								
					100m	Girls U18 (VI)	Final								
					100m	Girls U18 (PI Stand)	Final								
					100m	Girls U18 (PI Wheelchair)	Final								
					100m	Girls U18 (D)	Final								
					100m	Boys U18 (VI)	Final								
					100m	Boys U18 (PI Stand)	Final								
					100m	Boys U18 (PI Wheelchair)	Final								
					100m	Boys U18 (D)	Final								
										Victory Ceremony					
					100m	Girls U20 (VI)	Final								
					100m	Girls U20 (PI Stand)	Final								
					100m	Girls U20 (PI Wheelchair)	Final								
					100m	Girls U20 (D)	Final								
					100m	Boys U20 (VI)	Final								
					100m	Boys U20 (PI Stand)	Final								
					100m	Boys U20 (PI Wheelchair)	Final								
					100m	Boys U20 (D)	Final								
					100m	Women Open (VI)	Final								
					100m	Women Open (PI Stand)	Final								
					100m	Women Open (PI Wheelchair)	Final								
					100m	Women Open (D)	Final								
					100m	Men Open (VI)	Final								
					100m	Men Open (PI Stand)	Final								
					100m	Men Open (PI Wheelchair)	Final								
					100m	Men Open (D)	Final								
					400m	Girls U18 (II)	Final								
					400m	Boys U18 (II)	Final								
					400m	Girls U20 (II)	Final								
					400m	Boys U20 (II)	Final								
					400m	Women Open (II)	Final								
					400m	Men Open (II)	Final								
										Victory Ceremony					
					Track			Field							
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status					
4	Sunday	4-Aug		Home of Athletics	2:00PM	Youth 4x60m Shuttle Hurdles Relay	Girls U12	Timed Finals							
					2:10PM	Youth 4x60m Shuttle Hurdles Relay	Boys U12	Timed Finals							
					2:20PM	Youth 4x100m Shuttle Hurdles Relay	Girls U14	Timed Finals							
					2:30PM	Youth 4x100m Shuttle Hurdles Relay	Boys U14	Timed Finals							
					2:40PM	Parent/Child 8x30m Shuttle Relay	Mixed U12	Timed Finals							
					2:50PM	Victory Ceremony									
					3:10PM	4x400m	Women U20	Timed Finals							
					3:20PM	4x400m	Men U20	Timed Finals							
					3:30PM	4x400m	Women Open	Timed Finals							
					3:40PM	4x400m	Men Open	Timed Finals							
					4:00PM	4x400m	Women Corp.	Timed Finals							
					4:10PM	4x400m	Men Corp.	Timed Finals							
					4:20PM	4x400m	Women Masters	Timed Finals							
					4:30PM	4x400m	Men Masters	Timed Finals							
					5:00PM	Inter-Gen Medley	Mixed Open	Final							
					5:20PM	Victory Ceremony									