



26th HCMC Open International
Track & Field 2019 - Thong Nhat Stadium

LỊCH THI ĐẤU/ COMPETITION SCHEDULE

Day -1		17 th July, 2019/Ngày 17/07/2019			
		Afternoon /Buổi chiều			
Event N ^o	Time	Event	Gender	Round	Award Ceremony
101	15g00	Đẩy tạ/ Shot Put	Nam/Men	Final/CK	18g30
102	15g00	100m	Nam/Men	Heats/Loại	
103	15g20	100m	Nữ/Women	Heats/Loại	
104	15g40	400m	Nam/Men	Heats/Loại	
16:30 Opening Ceremony- Khai mạc					
105	17g10	Nhảy cao/High Jump	Nam/Men	Final/CK	18g40
106	17g10	100m	Nam/Men	Semi-Final/Bán Kết	
107	17g20	Nhảy xa/Long Jump	Nam/Men	Final/CK	18g50
108	17g40	400m	Nam/Men	Semi-Final/Bán Kết	
109	18g10	800m	Nam/Men	Heats/Loại	
110	18g40	100m	Nam/Men	Final/CK	18g50
111	18g50	100m	Nữ/Women	Final/CK	18g50
Day -2		18 th July, 2019/Ngày 18/07/2019			
		Morning/ Buổi sáng			
Event N ^o	Time	Event	Gender	Round	Award Ceremony
201	8g00	400m Rào/400m Hurdles	Nam/Men	Heats/Loại	
202	8g00	Nhảy cao/High Jump	Nữ/Women	Final/CK	18g00
203	8g30	4x100m TS/Relay	Nam/Men	Heats/Loại	
204	8g30	Đẩy tạ/ Shot Put	Nữ/Women	Final/CK	18g10
205	8g30	Nhảy xa/Long Jump	Nữ/Women	Final/CK	18g20
206	8g50	5000m	Nam/Men	Final/CK	18g20
207	9g20	400m	Nam/Men	Final/CK	18g30
208	9g30	400m	Nữ/Women	Final/CK	18g30
209	9g40	800m	Nam/Men	Final/CK	18g40
210	9g50	800m	Nữ/Women	Final/CK	18g40
211	10g10	4x100m TS/Relay	Nữ/Women	Final/CK	18g50
212	10g30	4x100m TS/Relay	Nam/Men	Final/CK	18g50

Handwritten signature

Day -2		18 th July, 2019/Ngày 18/07/2019		Afternoon /Buổi chiều	
Event N ^o	Time	Event	Gender	Round	Award Ceremony
213	15g30	400m Rào/400m Hurdles	Nữ/Women	Final/CK	18g00
214	15g30	Nhảy tam cấp/Triple Jump	Nam/Men	Final/CK	18g00
215	15g45	400m Rào/400m Hurdles	Nam/Men	Final/CK	18g00
216	16g00	Ném lao/Javelin	Nam/Men	Final/CK	18g20
217	16g00	200m	Nam/Men	Heats/Loại	
218	16g25	200m	Nữ/Women	Heats/Loại	
219	16g45	1500m	Nam/Men	Heats/Loại	
220	17g05	5000m	Nữ/Women	Final/CK	18g20
221	17g30	3000m CNV/Steeplechase	Nam/Men	Final/CK	19g00
222	17g45	4x200m TS/Relay	Nữ/Women	Final/CK	19g20
223	18g00	4x200m TS/Relay	Nam/Men	Final/CK	19g30
Day -3		19 th July, 2019/Ngày 19/07/2019		Morning/ Buổi sáng	
Event N ^o	Time	Event	Gender	Round	Award Ceremony
301	8g00	100mRào/100m Hurdles	Nữ/Women	Heats/Loại	
302	8g00	Ném lao/Javelin	Nữ/Women	Final/CK	16g30
303	8g10	110mRào/110m Hurdles	Nam/Men	Heats/Loại	
304	8g20	10.000m	Nam/Men	Final/CK	16g30
305	8g20	Nhảy tam cấp/Triple Jump	Nữ/Women	Final/CK	16g30
306	9g10	200m	Nam/Men	Final/CK	16g30
307	9g10	Ném đĩa/Discus Throw	Nam/Men	Final/CK	16g30
308	9g20	200m	Nữ/Women	Final/CK	17g00
309	9g30	1500m	Nữ/Women	Final/CK	17g00
310	9g40	1500m	Nam/Men	Final/CK	17g00
311	10g00	4x400m TS/Relay	Nữ/Women	Final/CK	17g00
312	10g20	4x400m TS/Relay	Nam/Men	Final/CK	17g00
Day -3		19 th July, 2019/Ngày 19/07/2019		Afternoon /Buổi chiều	
Event N ^o	Time	Event	Gender	Round	Award Ceremony
313	15g00	100mRào/100m Hurdles	Nữ/Women	Final/CK	16g30
314	15g10	110mRào/110m Hurdles	Nam/Men	Final/CK	16g30
315	15g20	10.000m	Nữ/Women	Final/CK	16g30
316	15g00	Ném đĩa/Discus Throw	Nữ/Women	Final/CK	16g30
317	16g20	4x100m TS hỗn hợp / Mixed Relay	Nữ+Nam/ Women+Men	Final/CK	17g00
318	16g30	4x800m TS/Relay	Nữ/Women	Final/CK	17g10
319	16g50	4x800m TS/Relay	Nam/Men	Final/CK	17g20