

96th MALAYSIA ATHLETICS CHAMPIONSHIP SCHEDULE

DAY ONE – Friday, August 16

Event No	Time	Events	Category	Round
101	7.30am	10,000m	Women	Final
102	7.30am	10,000m	Men	Final
103	8.25am	High Jump	Women	Final
104	8.35am	Javelin Throw	Men	Final
105	8.45am	100m	Men	Decathlon
106	9.00am	100m	Women	S/Final
107	9.25am	100m	Men	S/Final
108	9.30am	Long Jump	Men	Decathlon
9.50am Victory Ceremony For Event No 101 and 102				
109	10.20am	400m	Women	Heats
110	10.50am	400m	Men	Heats
111	10.50am	Shot put	Men	Decathlon
11.20am Victory Ceremony For Event No 103 and 104				
BREAK				
112	2.45pm	High Jump	Men	Decathlon
113	2.45pm	Javelin Throw	Women	Final
114	2.45pm	Triple Jump	Men	Final
115	3.00pm	100m	Women	Final
116	3.15pm	100m	Men	Final
117	3.20pm	Shot put	Men	Final
118	3.30pm	400m	Women	S/Final
119	4.00pm	400m	Men	S/Final
120	4.10pm	Triple Jump	Women	Final
121	4.30pm	400m	Men	Decathlon
4.45pm Victory Ceremony For Event No 113 ,114, 115 and 116				
122	5.20pm	800m	Women	S/Final
123	5.50pm	800m	Men	S/Final
6.10pm Victory Ceremony For Event No 117 and 120				

DAY TWO – Saturday, August 17

Event	Time	Events	Category	Round
201	7.30am	10,000m Walk	Women	Final
202	8.20am	Discus Throw	Men	Final
203	8.30am	Long Jump	Women	Final
204	9.00am	110m Hurdles	Men	Decathlon
205	9.10am	110m Hurdles	Men	S/Final
206	9.40am	100m Hurdles	Women	Heptathlon
207	9.55am	100m Hurdles	Women	S/Final
208	10.00am	Discus Throw	Men	Decathlon
209	10.20am	200m	Women	S/Final
210	10.40am	200m	Men	S/Final
211	10.40am	High Jump	Women	Heptathlon
212	11.00am	Pole Vault	Men	Decathlon
213	11.00am	4x400m Relay	Women	S/Final
214	11.20am	4x400m Relay	Men	S/Final
11.40am Victory Ceremony For Event No 201,202 and 203				
BREAK				
215	2.45pm	Pole Vault	Men	Final
216	2.45pm	Discus Throw	Women	Final
217	2.45pm	Javelin Throw	Men	Decathlon
218	2.45pm	Shot put	Women	Heptathlon
219	2.45pm	110m Hurdles	Men	Final
220	3.00pm	100m Hurdles	Women	Final
221	3.20pm	800m	Women	Final
222	3.30pm	800m	Men	Final
223	3.30pm	200m	Women	Final
224	3.40pm	200m	Men	Final
3.50pm Victory Ceremony For Event No 216,219, and 220				
223	4.10pm	3,000m Steeplechase	Women	Final
224	4.35pm	3,000m Steeplechase	Men	Final
5.00pm Victory Ceremony For Event No 215,221 and 222				
225	5.20pm	200m	Women	Heptathlon
226	5.30pm	1500m	Men	Decathlon
5.40pm Victory Ceremony For Event No 223 and 224				
227	5.55pm	4x400m Relay	Women	Final
228	6.10pm	4x400m Relay	Men	Final
6.00pm Victory Ceremony For Event No 226, 227 and 228				

DAY THREE – Sunday, August 18

Event No	Time	Events	Category	Round
301	7.30am	20,000m Walk	Men	Final
302	8.00am	Long Jump	Women	Heptathlon
303	8.45am	High Jump	Men	Final
304	8.45am	Hammer Throw	Women	Final
305	9.30am	400m	Women	Final
306	9.50am	400m	Men	Final
10.00am Victory Ceremony For Event No 301				
307	10.00am	Javelin Throw	Women	Heptathlon
308	10.00am	Shot put	Women	Final
309	10.00am	Long Jump	Men	Final
310	10.15am	4 x100m Relay	Men	S/Final
311	10.35am	4 x100m Relay	Women	S/Final
10.55am Victory Ceremony For Event No 303, 304,305 and 306				
312	11.20am	400m Hurdles	Women	S/Final
313	11.40am	400m Hurdles	Men	S/Final
BREAK				
314	2.30pm	Pole Vault	Women	Final
315	2.45pm	Hammer Throw	Men	Final
316	2.45pm	400m Hurdles	Men	Final
317	3.00pm	400m Hurdles	Women	Final
3.10pm Victory Ceremony For Event No 308 and 309				
318	3.30pm	1500m	Women	Final
319	3.45pm	1500m	Men	Final
320	4.00pm	800m	Women	Heptathlon
4.15pm Victory Ceremony For Event No 315 ,316 and 317				
321	4.40pm	5000m	Women	Final
322	4.40pm	5000m	Men	Final
5.20pm Victory Ceremony For Event No 318 , 319, and 320				
323	5.40pm	4 x100m Relay	Women	Final
324	5.55pm	4 x100m Relay	Men	Final
6.15pm Victory Ceremony For Event No 321,322, 323 and 324				