

# POL-ITE Track & Field Championships 2019

Date: 9, 13 and 16 Nov 2019

Chao Chu Kang Stadium

Day 1: Saturday, 9 November 2019

Event No.	Time	Event	Category	Status
1	1400	Triple Jump	Men	Final
2	1400	High Jump	Women	Final
3	1400	Discus	Men	Final
4	1400	200m	Women	Heats
5	1410	200m	Men	Heats
6	1430	400m Hurdles	Women	Timed Final
7	1445	400m Hurdles	Men	Timed Final
8	1505	3,000m Steeplechase	Men	Final
9	1525	100m	Women	Heats
10	1535	100m	Men	Heats
<b>Prize Presentation #1 (400m hurdles, 3,000m Steeplechase Triple Jump, High Jump, Discus)</b>				
11	1600	Shot Put	Women	Final
12	1600	Javelin	Men	Final
13	1600	Long Jump	Women	Final
14	1600	800m	Women	Final
15	1610	800m	Men	Final
16	1620	200m	Women	Final
17	1630	200m	Men	Final
<b>Prize Presentation #2 (200m, Shot Put, Javelin, Long Jump, 800m)</b>				

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Day 2: Wednesday, 13 November 2019

Day 2: Wednesday, 13 November 2019				
Event No.	Time	Event	Category	Status
1	1830	400m	Women	Heats
2	1845	400m	Men	Heats
3	1900	5,000m	Women	Final
4	1930	10,000m	Men	Final

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Day 3: Saturday, 16 November 2019

Event No.	Time	Event	Category	Status
1	1400	Shot Put	Men	Final
2	1400	Discus	Women	Final
3	1400	Long Jump	Men	Final
4	1400	100m Hurdles	Women	Heat
5	1410	110m Hurdles	Men	Heat
6	1420	100m	Women	Final
7	1425	100m	Men	Final
8	1430	1,500m	Women	Final
9	1445	1,500m	Men	Final
10	1500	400m	Women	Final
11	1505	400m	Men	Final
<b>Prize Presentation #3 (1,500m, 400m, Shot Put, Discus, Long Jump. 100m)</b>				
12	1600	Triple Jump	Women	Final
13	1600	Javelin	Women	Final
14	1600	High Jump	Men	Final
15	1540	100m Hurdles	Women	Final
16	1550	110m Hurdles	Men	Final
17	1600	4 x 100m Relay	Women	Final
18	1610	4 x 100m Relay	Men	Final
19	1620	5,000m	Men	Final
20	1700	4 x 400m Relay	Women	Final
21	1715	4 x 400m Relay	Men	Final
<b>Final Prize Presentation ( Rest of the events and Trophies)</b>				