



National Open Track & Field Championships 2021
23 & 24 Oct 2021, Home of Athletics

SATURDAY 23 OCT 2021				
Time	Event No.	Event	Round	Category
		10,000m Race Walk	Timed Finals	Women Open
		10,000m Race Walk	Timed Finals	Men Open
		Long Jump	Final	Men Open
		High Jump	Final	Women Open
		Shot Put	Final	Men Open
		200m	Heats	Women Open
		200m	Heats	Men Open
		Javelin Throw	Final	Women Open
		400m Hurdles	Timed Finals	Men Open
		400m Hurdles	Timed Finals	Women Open
		4x100m	Heats	Women Open
		4x100m	Heats	Men Open
		110m Hurdles	Heats	Men Open
		100m Hurdles	Heats	Women Open



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SATURDAY 23 OCT 2021				
Time	Event No.	Event	Round	Category
		High Jump	Final	Men Open
		Javelin Throw	Final	Men Open
		110m Hurdles	Final	Men Open
		100m Hurdles	Final	Women Open
		200m	Final	Women Open
		200m	Final	Men Open
		Long Jump	Final	Women Open
		4x400m	Timed Finals	Mixed Open
		Shot Put	Final	Women Open
		1500m	Timed Finals	Women Open
		1500m	Timed Finals	Men Open
		4x100m	Final	Women Open
		4x100m	Final	Men Open
		10,000m	Timed Finals	Women Open
		10,000m	Timed Finals	Men Open



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*this is a tentative schedule and the events may be moved to a different day due to scheduling conflicts if necessary

SUNDAY 24 OCT 2021				
Time	Event No.	Event	Round	Category
		3000m Steeplechase	Timed Finals	Men Open
		Discus Throw	Final	Women Open
		3000m Steeplechase	Timed Finals	Women Open
		Pole Vault	Final	Women Open
		Triple Jump	Final	Women Open
		800m	Timed Finals	Women Open
		800m	Timed Finals	Men Open
		Hammer Throw	Final	Men Open
		100m	Heats	Women Open
		100m	Heats	Men Open
		400m	Heats	Women Open
		400m	Heats	Men Open



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SUNDAY 24 OCT 2021				
Time	Event No.	Event	Round	Category
		Triple Jump	Final	Men Open
		Hammer Throw	Final	Women Open
		100m	Final	Women Open
		100m	Final	Men Open
		Pole Vault	Final	Men Open
		Discus Throw	Final	Men Open
		400m	Final	Women Open
		400m	Final	Men Open
		5000m	Final	Women Open
		4 x 100m	Final	Mixed Open
		5000m	Final	Men Open
		4 x 400m	Timed Finals	Women Open
		4 x 400m	Timed Finals	Men Open

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