

**Singapore National Championships 2022**

**DAY 1 - Saturday 22 Jan 2022**

**Home of Athletics**

**DAY 1 AM**

**AM - Day 1, Sat 22 Jan 22 (Group A)**

No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
4	10000m RW	Women Open	Final	730	800	730	Long Jump	Men Open	Final	18
3	10000m RW	Men Open	Final	830	900					
					940					
23	100m	Women Open	Heat 1	930	1000	935	Long Jump		Final	16
			Heat 2							
			Heat 3							
			Heat 4							
			Heat 5							
					1015					

2 Flights

**AM - Day 1, Sat 22 Jan (Group B)**

No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
20	100m	Men Open	Heat 1	950	1020	935	High Jump	Men Open	Final	10
			Heat 2							
			Heat 3							
			Heat 4							
			Heat 5							
20			Heat 6	1005	1035					
			Heat 7							
			Heat 8							

**AM - Day 1, 22 Jan (Group C)**

No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
25	100m	Men Open	Heat 9	1020	1050					
			Heat 10							
			Heat 11							
			Heat 12							
			Heat 13							
25			Heat 14	1035	1105					
			Heat 15							
			Heat 16							
			Heat 17							
			Heat 18							

**AM - Day 1, Sat 22 Jan (Group D)**

No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
31	400m	Men Open		1050	1100					
			Heat 1							
			Heat 2							
			Heat 3							
			Heat 4							
			Heat 5							
			Heat 6							
			Heat 7							
					1120					
					1125					
					1130					
					1135					
					1140					
					1145					
					1150					

**AM - Day 1, Sat 22 Jan (Group E)**

No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
15	400m	Women Open	Timed Final	1130	1200					
					Heat 2					
					Heat 3					
					Heat 3					
					1205					
					1210					

**DAY 1 (PM)**

**PM - Day 1, Sat 22 Jan (Group A)**

No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
					200	130	Shot Put	Men Open	Final	7
							Shot Put	Men U18	Trial	1
							High Jump	Women Open	Final	5
5	100m	Women Open	Final	140	210					
5	100m	Men Open	Final	145	215					
5	400m	Men Open	Final	200	230					
5	400m	Women Open	Final	210	240					

PM - Day1, Sat 22 Jan (Group B)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)		Category	Status	No.
16	4 x 100m	Women Open	Final	245	315					
28	4 x 100m	Men Open	Timed Final	Heat 1 Heat 2	255 305					

PM - Day 1, Sat 22 Jan (Group C)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
9	1500m	Women Open	Timed Final	Heat 1 Heat 2	330	400	Shot Put	Women Open	Final	4
							Javelin Throw	Men Open	Final	9
31	1500m	Men Open	Timed Final	Heat 1 Heat 2 Heat 3 Heat 4 Heat 5 Heat 6 Heat 7	340 415					
					420					
					427					
					431					
					438					
					445					
					452					
					459					

AM - Day 1, Sat 22 Jan (Group D)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
6	5000m	Women Open	Final	440	500					
					510					
33	5000m	Men Open	Timed Final	Heat 1 Heat 2 Heat 3 Heat 4 Heat 5 Heat 6 Heat 7	510 625		Javelin Throw	Women Open	Final	6
					540	335				
					605					
					630					
					655					
					720					
					745					
					810					

DAY 2 AM										
AM - Day 2, Sun 23 Jan 22 (Group A)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
					830	800	Discus Throw	Men Open	Final	11
							Triple Jump	Men Open	Final	6
3	400m Hurdles	Men Open	Final	800						
8	400m Hurdles	Women Open	Timed Final	Heat 1 Heat 2	800					
					840					
					850					
13	200m	Women Open	Timed Final	Heat 1 Heat 2 Heat 3	840					
					910					
					915					
					920					

AM - Day 2, Sun 23 Jan (Group B)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
20	200m	Men Open	Timed Final	Heat 1 Heat 2 Heat 3 Heat 4 Heat 5 Heat 6 Heat 7 Heat 8	900 920					
					930					
					935					
					940					
					945					
					950					
					955					
					1000					
					1005					
5	110m Hurdles	Men Open	Final	930	1030	1000	Triple Jump	Women Open	Final	7
4	100m Hurdles	Women Open	Final	1000	1050		Discus Throw	Women Open	Final	6

DAY 2 (PM)										
PM - Day 2, Sun 23 Jan (Group A)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
					200	115	Pole Vault	Women Open	Final	7
						130	Hammer Throw	Women Open	Final	4
5	200m	Women Open	Final	210	240					
5	200m	Men Open	Final	215	245					
					310					
15	800m	Women Open	Timed Final	Heat 1 Heat 2 Heat 3	240					
					315					
					320					

PM - Day 2, Sun 23 Jan (Group B)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
32	800m	Men Open	Timed Final	Heat 1 Heat 2 Heat 3 Heat 4 Heat 5 Heat 6 Heat 7	300 315	300	Hammer Throw	Men Open	Final	4
					330					
					335					
					340					
					345					
					350					
					355					
					400					

PM - Day 2, Sun 23 Jan (Group C)										
No.	Event	Category	Status	Gate 6 (Report to Callroom)	Time	Gate 18 (Report to FOP)	Event	Category	Status	No.
12	4 x 100m	Mixed Open	Final	350	420					
					430	330	Pole Vault	Men Open	Final	12
	4 x 400m	Men Open	Final		435					
13	10000m	Men Open	Timed Final	Heat 1 Heat 2 Heat 3	430					
					500					
					550					
					640					