



83rd Singapore Open Track & Field Championships 2023
26, 27 & 28 Apr 2023, Singapore SportsHub

WEDNESDAY 26 APR 2023 (MORNING SESSION)					
Start Time	Time to Next Event	Participant	Event	Round	Category
08:30:00	00:00:00		Shot Put (HOA)	Final	Women Open
08:30:00	00:15:00		Decathlon - 100m	Final	Men Open
08:45:00	00:15:00		Heptathlon - 100m Hurdles	Final	Women Open
09:00:00	00:05:00		Pole Vault	Final	Girls Open (NSG)
09:05:00	00:05:00		200m	Final	C Girls
09:10:00	00:05:00		200m	Final	C Boys
09:15:00	00:05:00		200m	Final	B Boys
09:20:00	00:05:00		200m	Final	B Girls
09:25:00	00:00:00		Decathlon - Long Jump	Final	Men Open
09:25:00	00:00:00		Long Jump	Final	Men Para
09:25:00	00:05:00		200m	Final	A Girls
09:30:00	00:05:00		200m	Final	A Boys
09:35:00	00:00:00		Heptathlon - High Jump	Final	Women Open
09:35:00	00:15:00		200m	Heats	Women Open
09:50:00	00:00:00		Shot Put (HOA)	Final	Men Open
09:50:00	00:00:00		Shot Put (HOA)	Final	Men Para
09:50:00	00:15:00		200m	Heats	Men Open
10:05:00	00:01:00		3000m Steeplechase	Final	Men Open
10:06:00	00:03:00		200m C Girls - Victory Ceremony		
10:09:00	00:10:00		200m C Boys - Victory Ceremony		
10:19:00	00:01:00		3000m Steeplechase	Final	A Boys
10:20:00	00:03:00		200m B Girls - Victory Ceremony		
10:23:00	00:03:00		200m B Boys - Victory Ceremony		
10:26:00	00:06:00		200m A Girls - Victory Ceremony		
10:32:00	00:01:00		2000m Steeplechase	Final	B Boys
10:33:00	00:03:00		200m A Boys - Victory Ceremony		
10:36:00	00:03:00		Shot Put Women - Victory Ceremony		
10:39:00	00:15:00		2000m Steeplechase	Final	A Girls
10:54:00	00:01:00		3000m Steeplechase	Final	Women Open
10:55:00	00:03:00		3000m Steeplechase Men - Victory Ceremony		
10:58:00	00:03:00		3000m Steeplechase A Boys - Victory Ceremony		
11:01:00	00:03:00		2000m Steeplechase B Boys - Victory Ceremony		
11:04:00	00:03:00		2000m Steeplechase A Girls - Victory Ceremony		
11:07:00	00:10:00		Decathlon - Shot Put (HOA)	Final	Men Open
11:17:00	00:10:00		110m Hurdles (1.067m)	Heats	Men Open
11:27:00	00:06:00		100m Hurdles (0.838m)	Heats	Women Open
11:33:00	00:03:00		Pole Vault Girls Open (NSG) - Victory Ceremony		
11:36:00	00:03:00		Shot Put Men - Victory Ceremony		
11:39:00	00:03:00		Shot Put Men Para - Victory Ceremony		
11:42:00	00:03:00		3000m Steeplechase Women - Victory Ceremony		

WEDNESDAY 26 APR 2023 (AFTERNOON SESSION)					
Time	Time to Next Event	Event No.	Event	Round	Category
14:00:00	00:00:00		Heptathlon - Shot Put (HOA)	Final	Women Open
14:00:00	00:00:00		Decathlon - High Jump	Final	Men Open
14:00:00	00:10:00		100m Hurdles (0.838m)	Final	Women Open
14:10:00	00:10:00		110m Hurdles (1.067m)	Final	Men Open
14:20:00	00:00:00		Pole Vault	Final	A Boys
14:20:00	00:40:00		4x400m	Heats	C Girls
15:00:00	00:00:00		Javelin Throw (HOA)	Final	Men Open
15:00:00	00:03:00		110m Hurdles Men - Victory Ceremony		
15:03:00	00:03:00		100m Hurdles Women - Victory Ceremony		
15:06:00	00:39:00		4x400m	Heats	C Boys
15:45:00	00:00:00		Long Jump	Final	Men Open
15:45:00	00:35:00		4x400m	Heats	B Girls
16:20:00	00:35:00		4x400m	Heats	B Boys
16:55:00	00:15:00		4x400m	Heats	A Girls
17:10:00	00:15:00		4x400m	Heats	A Boys
17:25:00	00:05:00		Decathlon - 400m	Final	Men Open
17:30:00	00:00:00		Long Jump	Final	Women Open

17:30:00	00:03:00	Javelin Throw Women - Victory Ceremony			
17:33:00	00:03:00	Pole Vault A Boys - Victory Ceremony			
17:36:00	00:03:00	Long Jump Men - Victory Ceremony			
17:39:00	00:05:00		200m	Final	Men Open
17:44:00	00:05:00		200m	Final	Women Open
17:49:00	00:05:00		Heptathlon - 200m	Final	Women Open
17:54:00	00:15:00		800m	Timed Final	Women Open
18:09:00	00:15:00		800m	Timed Final	Men Open
18:24:00	00:03:00	200m Men - Victory Ceremony			
18:27:00	00:03:00	200m Women - Victory Ceremony			
18:30:00	00:05:00		5000m Women Open Final	Final	Women Open
18:35:00	00:03:00	800m Women - Victory Ceremony			
18:38:00	00:17:00	800m Men - Victory Ceremony			
18:55:00	00:01:00		5000m Men Open Final	Final	Men Open
18:56:00	00:03:00	Long Jump Women - Victory Ceremony			
18:59:00	00:21:00	5000m Women - Victory Ceremony			
19:20:00	00:03:00	5000m Men - Victory Ceremony			

THURSDAY 27 APR 2023 (MORNING SESSION)					
Start Time	Time to Next Event	Participant	Event	Round	Category
08:30:00	00:00:00		Discus Throw (HOA)	Final	Women Open
08:30:00	00:05:00		Decathlon - 110m Hurdles	Final	Men Open
08:35:00	00:10:00		Triple Jump	Final	B Girls
08:45:00	00:00:00		10000m Race Walk	Final	Women Open
08:45:00	00:15:00		10000m Race Walk	Final	Men Open
09:00:00	00:55:00		Pole Vault	Final	C Boys
09:55:00	00:00:00		Discus Throw (HOA)	Final	Men Open
09:55:00	00:00:00		Decathlon - Discus (HOA)	Final	Men Open
09:55:00	00:20:00		5000m Race Walk	Final	A Boys
10:15:00	00:03:00	10000m Race Walk Women - Victory Ceremony			
10:18:00	00:03:00	10000m Race Walk Men - Victory Ceremony			
10:21:00	00:03:00	Discus Throw Women - Victory Ceremony			
10:24:00	00:05:00		3000m Race Walk	Final	A Girls
10:29:00	00:03:00	Triple Jump B Girls - Victory Ceremony			
10:32:00	00:03:00	5000m Race Walk A Boys - Victory Ceremony			
10:35:00	00:10:00		400m	Heats	Women Open
10:45:00	00:25:00		400m	Heats	Men Open
11:10:00	00:00:00		Heptathlon - Long Jump	Final	Women Open
11:10:00	00:03:00	Discus Throw Men - Victory Ceremony			
11:13:00	00:03:00	3000m Race Walk A Girls - Victory Ceremony			
11:16:00	00:15:00		200m Hurdles	Final	C Girls
11:31:00	00:15:00		200m Hurdles	Final	C Boys
11:46:00	00:03:00	200m Hurdles C Girls - Victory Ceremony			
11:49:00	00:03:00	200m Hurdles C Boys - Victory Ceremony			

THURSDAY 27 APR 2023 (AFTERNOON SESSION)					
Start Time	Time to Next Event	Participant	Event	Round	Category
14:00:00	00:00:00		Heptathlon - Javelin (HOA)	Final	Women
14:00:00	00:00:00		Javelin Throw (HOA)	Final	Women Open
14:00:00	00:00:00		High Jump	Final	Women Open
14:00:00	00:10:00		4 x 100m	Final	Mixed Open
14:10:00	00:05:00		400m	Final	Women Open
14:15:00	00:05:00		400m	Final	Men Open
14:20:00	00:05:00		Decathlon - Pole Vault	Final	Men Open
14:25:00	00:10:00		1500m	Final	Women Open
14:35:00	00:10:00		1500m	Final	Men Open
14:45:00	00:03:00	4x100m Mixed - Victory Ceremony			
14:48:00	00:03:00	400m Women - Victory Ceremony			
14:51:00	00:03:00	400m Men - Victory Ceremony			
14:54:00	00:08:00		1500m	Final	C Girls
15:02:00	00:07:00		1500m	Final	C Boys
15:09:00	00:08:00		1500m	Final	B Girls
15:17:00	00:03:00	1500m Men - Victory Ceremony			
15:20:00	00:03:00	1500m Women - Victory Ceremony			
15:23:00	00:01:00		1500m Race Walk	Final	C Girls

15:24:00	00:03:00	Javelin Throw Women - Victory Ceremony			
15:27:00	00:08:00	High Jump Women - Victory Ceremony			
15:35:00	00:03:00	1500m C Girls - Victory Ceremony			
15:38:00	00:01:00		1500m Race Walk	Final	B Girls
15:39:00	00:03:00	1500m C Boys - Victory Ceremony			
15:42:00	00:08:00	1500m B Girls - Victory Ceremony			
15:50:00	00:10:00		1500m Race Walk	Final	C Boys
16:00:00	00:00:00		Decathlon - Javelin (HOA)		Men Open
16:00:00	00:03:00	1500m Race Walk C Girls - Victory Ceremony			
16:03:00	00:03:00	1500m Race Walk B Girls - Victory Ceremony			
16:06:00	00:13:00		3000m Race Walk	Final	B Boys
16:19:00	00:05:00		Triple Jump	Final	Women Open
16:24:00	00:10:00		High Jump	Final	Men Open
16:34:00	00:03:00	1500m Race Walk C Boys - Victory Ceremony			
16:37:00	00:10:00		Heptathlon - 800m	Final	Women
16:47:00	00:05:00		10,000m	Final	Women Open
16:52:00	00:40:00	3000m Race Walk B Boys - Victory Ceremony			
17:32:00	00:03:00	Heptathlon Women - Victory Ceremony			
17:35:00	00:03:00	10000m Women - Victory Ceremony			
17:38:00	00:03:00	Triple Jump Women - Victory Ceremony			
17:41:00	00:20:00		Decathlon - 1500m		Men Open
18:01:00	00:00:00		Triple Jump	Final	Men Open
18:01:00	00:50:00	Decathlon Men - Victory Ceremony			
18:51:00	00:30:00	High Jump Men - Victory Ceremony			
19:21:00	00:03:00	Triple Jump Men - Victory Ceremony			

FRIDAY 28 APR 2023 (MORNING SESSION)

Time	Time to Next Event	Event No.	Event	Round	Category
08:30:00	00:00:00		Hammer Throw (HOA)	Final	Men Open
08:30:00	00:00:00		Hammer Throw (HOA)	Final	Women Open
08:30:00	00:20:00		10,000m	Final	Men Open
08:50:00	00:10:00		Pole Vault	Final	Women Open
09:00:00	00:15:00		400m Hurdles	Final	Women Open
09:15:00	00:15:00		400m Hurdles	Final	Men Open
09:30:00	00:03:00	10000m Men - Victory Ceremony			
09:33:00	00:10:00		100m (35+) Final	Final	Women Masters (35+)
09:43:00	00:10:00		100m (35+) Final	Final	Men Masters (35+)
09:53:00	00:20:00		100m	Heats	Women Open
10:13:00	00:03:00	400m Hurdles Women - Victory Ceremony			
10:16:00	00:03:00	400m Hurdles Men - Victory Ceremony			
10:19:00	00:03:00	Hammer Throw Women - Victory Ceremony			
10:22:00	00:03:00	Hammer Throw Men - Victory Ceremony			
10:25:00	00:40:00		100m	Heats	Men Open
11:05:00	00:03:00	Pole Vault Women - Victory Ceremony			
11:08:00	00:03:00	100m Women Masters (50+) - Victory Ceremony			
11:11:00	00:03:00	100m Men Masters (70+) - Victory Ceremony			

FRIDAY 28 APR 2023 (AFTERNOON SESSION)

Time	Time to Next Event	Event No.	Event	Round	Category
13:40:00	00:06:00		100m	Final	Women Open
13:46:00	00:06:00		100m	Final	Men Open
13:52:00	00:06:00		100m	Final	C Girls
13:58:00	00:06:00		100m	Final	B Girls
14:04:00	00:06:00		100m	Final	A Girls
14:10:00	00:01:00		High Jump	Final	B Boys
14:11:00	00:01:00		Pole Vault	Final	Men Open
14:12:00	00:06:00		100m	Final	Para Girls
14:18:00	00:06:00		100m	Final	Para Boys
14:24:00	00:03:00	100m Women - Victory Ceremony			
14:27:00	00:03:00	100m Men - Victory Ceremony			
14:30:00	00:06:00		100m	Final	C Boys
14:36:00	00:06:00		100m	Final	B Boys
14:42:00	00:06:00		100m	Final	A Boys
14:48:00	00:03:00	100m C Girls - Victory Ceremony			
14:51:00	00:03:00	100m B Girls - Victory Ceremony			
14:54:00	00:03:00	100m A Girls - Victory Ceremony			

14:57:00	00:03:00	100m Para Girls - Victory Ceremony			
15:00:00	00:03:00	100m Para Boys - Victory Ceremony			
15:03:00	00:03:00	100m C Boys - Victory Ceremony			
15:06:00	00:03:00	100m B Boys - Victory Ceremony			
15:09:00	00:03:00	100m A Boys - Victory Ceremony			
15:12:00	00:08:00		1500m	Final	B Boys
15:20:00	00:08:00		1500m	Final	A Girls
15:28:00	00:08:00		1500m	Final	A Boys
15:36:00	00:08:00		4 x 100m	Timed Final	Women Open
15:44:00	00:08:00		4 x 100m	Timed Final	Men Open
15:52:00	00:08:00		4 x 100m	Final	C Girls
16:00:00	00:08:00		4 x 100m	Final	B Girls
16:08:00	00:08:00		4 x 100m	Final	A Girls
16:16:00	00:08:00		4 x 100m	Final	C Boys
16:24:00	00:08:00		4 x 100m	Final	B Boys
16:32:00	00:08:00		4 x 100m	Final	A Boys
16:40:00	00:03:00	Pole Vault Men - Victory Ceremony			
16:43:00	00:03:00	1500m B Boys - Victory Ceremony			
16:46:00	00:03:00	1500m A Girls - Victory Ceremony			
16:49:00	00:03:00	1500m A Boys - Victory Ceremony			
16:52:00	00:10:00		4 x 400m	Final	Women Open
17:02:00	00:10:00		4 x 400m	Final	Men Open
17:12:00	00:10:00		4 x 400m	Final	C Girls
17:22:00	00:10:00		4 x 400m	Final	B Girls
17:32:00	00:10:00		4 x 400m	Final	A Girls
17:42:00	00:10:00		4 x 400m	Final	C Boys
17:52:00	00:10:00		4 x 400m	Final	B Boys
18:02:00	00:10:00		4 x 400m	Final	A Boys
18:12:00	00:03:00	4x100m Women - Victory Ceremony			
18:15:00	00:03:00	4x100m Men - Victory Ceremony			
18:18:00	00:03:00	4x400m Women - Victory Ceremony			
18:21:00	00:03:00	4x400m Men - Victory Ceremony			
18:24:00	00:03:00	High Jump B Boys - Victory Ceremony			
18:27:00	00:03:00	4x100 Schools C Girls - Victory Ceremony			
18:30:00	00:03:00	4x100 Schools C Boys - Victory Ceremony			
18:33:00	00:03:00	4x100 Schools B Girls - Victory Ceremony			
18:36:00	00:03:00	4x100 Schools B Boys - Victory Ceremony			
18:39:00	00:03:00	4x100 Schools A Girls - Victory Ceremony			
18:42:00	00:03:00	4x100 Schools A Boys - Victory Ceremony			
18:45:00	00:03:00	4x400 Schools C Girls - Victory Ceremony			
18:48:00	00:03:00	4x400 Schools C Boys - Victory Ceremony			
18:51:00	00:03:00	4x400 Schools B Girls - Victory Ceremony			
18:54:00	00:03:00	4x400 Schools B Boys - Victory Ceremony			
18:57:00	00:03:00	4x400 Schools A Girls - Victory Ceremony			
19:00:00	00:03:00	4x400 Schools A Boys - Victory Ceremony			
19:03:00	00:03:00	C Division Girls Championships - Victory Ceremony			
19:06:00	00:03:00	C Division Boys Championships - Victory Ceremony			
19:09:00	00:03:00	B Division Girls Championships - Victory Ceremony			
19:12:00	00:03:00	B Division Boys Championships - Victory Ceremony			
19:15:00	00:03:00	A Division Girls Championships - Victory Ceremony			
19:18:00	00:03:00	A Division Boys Championships - Victory Ceremony			
19:21:00	00:03:00	Singapore National Anthem			