



2018 NGC/SAGICOR GENERAL NATIONAL SENIOR/OPEN CHAMPIONSHIPS
COMPETITION SCHEDULE

DAY ONE
FRIDAY 22nd JUNE



FINAL REVISION

NO.	TIME	EVENT	CATEGORY	ROUND
1	6:00pm	Hammer Throw (4kg)	Women	Final
2	6:00pm	Hammer Throw (7.26kg)	Men	Final
41	6:00pm	Pole Vault	Women	Final
4	6:00pm	400m	Men	Prelims
5	6:20pm	10,000m	Men	Final
6	7:00pm	800m	Men	Prelims
7	7:15pm	100m	Men	Prelims

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DAY TWO
SATURDAY 23rd JUNE



FINAL REVISION

	3:00pm	OPENING CEREMONY		
11	4:00pm	Shot Put	Men	Final
14	4:00pm	High Jump	Women	Final
13	4:00pm	100m Hurdles	Women	Final
9	4:15pm	110m Hurdles	Men	Final
15	4:30pm	1500m	Women	Final
16	4:35pm	1500m	Men	Final
17	4:45pm	Javelin Throw	Men	Final
18	4:45pm	Long Jump	Men	Final
19	5:00pm	400m Hurdles	Men	Prelims
Medal Presentation				
7a	5:30pm	100m	Men	Semi Finals
8	5:45pm	100m	Women	Prelims
21	6:00pm	5000m	Women	Final
20	6:30pm	Discus Throw	Women	Final
22	6:30pm	Triple Jump	Women	Final
3	6:30pm	400m	Women	Final
4a(i)	6:35pm	400m	Men	B Final
4a(ii)	6:40pm	400m	Men	A Final
Medal Presentation				
7b(i)	7:00pm	100m	Men	B Final
7b(ii)	7:05pm	100m	Men	A Final
8b(i)	7:10pm	100m	Women	B Final
8b(ii)	7:15pm	100m	Women	A Final



COMPETITION SCHEDULE

DAY THREE

SUNDAY 24th JUNE

FINAL REVISION

NO.	TIME	EVENT	CATEGORY	ROUND
30	2:00pm	Javelin Throw	Women	Final
24	2:30pm	100m	Men Masters	Timed-Final
25	2:30pm	Long Jump	Women	Final
28	2:30pm	Pole Vault	Men	Final
26	2:45pm	200m	Women	Prelims
27	3:00pm	200m	Men	Prelims
29	3:30pm	400m Hurdles	Women	Final
19a	3:45pm	400m Hurdles	Men	Final
31	3:45pm	High Jump	Men	Final
INTERMISSION				
32	4:15pm	Discus Throw	Men	Final
33	4:15pm	Shot Put	Women	Final
35	4:15pm	Triple Jump	Men	Final
26a(i)	4:15pm	200m	Women	B Final
26a(ii)	4:20pm	200m	Women	A Final
27a(i)	4:25pm	200m	Men	B Final
27a(ii)	4:30pm	200m	Men	A Final
34	4:40pm	800m	Women	Final
8a	4:45pm	800m	Men	Final
36	5:00pm	5,000m	Men	Final
38	5:30pm	4x400m Relay	Men (Open)	Final
39	5:40pm	4x100m Relay	Women (Open)	Final
40	5:50pm	4x100m Relay	Men (Open)	Final
Medal Presentation				
CLOSURE				