

2016 NGC/SAGICOR GENERAL NATIONAL SENIOR/OPEN CHAMPIONSHIPS  
PROVISIONAL COMPETITION SCHEDULE **(REVISED @ 21.06.16)**

**DAY ONE**

**FRIDAY 24<sup>TH</sup> JUNE 2016**

| <b>NO.</b> | <b>TIME</b> | <b>EVENT</b> | <b>CATEGORY</b> | <b>ROUND</b> |
|------------|-------------|--------------|-----------------|--------------|
| 1.         | 6:00pm      | Hammer Throw | Women           | Final        |
| 2          | 6:00pm      | Hammer Throw | Boys Under 20   | Final        |
| 2a.        | 6:00pm      | Hammer Throw | Men             | Final        |
| 3.         | 6:00pm      | 400m         | Women           | Prelims      |
| 4.         | 6:15Pm      | 400m         | Men             | Prelims      |
| 5.         | 6:35pm      | 100m         | Women           | Prelims      |
| 6.         | 6:50pm      | 100m         | Men             | Prelims      |
| 7.         | 7:20pm      | 10,000m      | Men             | Final        |
| 9.         | 7:50pm      | 800m         | Men             | Prelims      |
| 10.        | 8:00pm      | 110m Hurdles | Men             | Prelims      |

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**DAY TWO**  
**SATURDAY 25<sup>TH</sup> JUNE 2016**

|                    |         |                  |                |             |
|--------------------|---------|------------------|----------------|-------------|
| 29.                | 10:00am | 200m             | Women          | Prelims     |
| 30.                | 10:15am | 200m             | Men            | Prelims     |
|                    | 3:30pm  | OPENING CEREMONY |                |             |
| 11.                | 4:15pm  | Shot Put         | Men            | Final       |
| 12.                | 4:15pm  | High Jump        | Women          | Final       |
| 13.                | 4:15pm  | Triple Jump      | Women          | Final       |
| 14.                | 4:15pm  | 100m             | Decathlon      | Final       |
| 15.                | 4:25pm  | 100m Hurdles     | Heptathlon     | Final       |
| 16.                | 4:30pm  | 100m Hurdles     | Women          | Final       |
| 10a.               | 4:40pm  | 110m Hurdles     | Men            | Final       |
| 17.                | 4:40pm  | Javelin Throw    | Women          | Final       |
| 15a.               | 4:45pm  | High Jump        | Heptathlon     | Final       |
| 18.                | 4:50pm  | 1500m            | Women          | Final       |
| 20.                | 4:55pm  | 1500m            | Men            | Final       |
| 19.                | 5:00pm  | Long Jump        | Men            | Final       |
| 14a.               | 5:00pm  | Long Jump        | Decathlon      | Final       |
| 21.                | 5:20pm  | 400m Hurdles     | Men            | Prelims     |
| Medal Presentation |         |                  |                |             |
| 14b.               | 5:45pm  | Shot Put         | Decathlon      | Final       |
| 15b.               | 5:45pm  | Shot Put         | Heptathlon     | Final       |
| 24.                | 5:45pm  | 5000m            | Women          | Final       |
| 25                 | 5:55pm  | Discus Throw     | Girls Under 16 | Final       |
| 25a.               | 5:55pm  | Discus Throw     | Women          | Final       |
| 14c.               | 5:55pm  | High Jump        | Decathlon      | Final       |
| 5a.                | 6:00pm  | 100m             | Women          | Semi Finals |
| 6a.                | 6:10pm  | 100m             | Men            | Semi Finals |
| 8                  | 6:20pm  | 800m             | Women          | Final       |
| 9a.                | 6:25pm  | 800m             | Men            | Final       |
| Medal Presentation |         |                  |                |             |
| 15c.               | 6:40pm  | 200m             | Heptathlon     | Final       |
| 5b(i)              | 6:45pm  | 100m             | Women          | B Final     |
| 5b(ii)             | 6:50pm  | 100m             | Women          | A Final     |
| 6b(i)              | 6:55pm  | 100m             | Men            | B Final     |
| 6b(ii)             | 7:00pm  | 100m             | Men            | A Final     |
| 14d.               | 7:30pm  | 400m             | Decathlon      | Final       |

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**DAY THREE**  
**SUNDAY 26<sup>TH</sup> JUNE 2016**

| <b>NO.</b>                             | <b>TIME</b> | <b>EVENT</b>  | <b>CATEGORY</b> | <b>ROUND</b> |
|--|-------------|---------------|-----------------|--------------|
| 26.                                    | 3:30pm      | 100m          | Women Masters   | Final        |
| 27.                                    | 3:35pm      | 100m          | Men Masters     | Final        |
| 14e.                                   | 3:45pm      | 110m Hurdles  | Decathlon       | Final        |
| 15d                                    | 3:35pm      | Long Jump     | Heptathlon      | Final        |
| 28.                                    | 3:40pm      | Long Jump     | Women           | Final        |
| 14f.                                   | 3:40pm      | Discus Throw  | Decathlon       | Final        |
| 31.                                    | 3:40pm      | Discus Throw  | Men             | Final        |
| 32.                                    | 3:40pm      | Shot Put      | Women           | Final        |
| 29a.                                   | 3:50pm      | 200m          | Women           | Semi Final   |
| 30a.                                   | 3:55pm      | 200m          | Men             | Semi Final   |
| 33.                                    | 4:00pm      | High Jump     | Men             | Final        |
| 14g.                                   | 4:00pm      | Pole Vault    | Decathlon       | Final        |
| 15e.                                   | 4:00pm      | Javelin Throw | Heptathlon      | Final        |
| <b>Medal Presentation</b>              |             |               |                 |              |
| 35.                                    | 4:10pm      | 400m Hurdles  | Women           | Final        |
| 19a.                                   | 4:15pm      | 400m Hurdles  | Men             | Final        |
| 15f.                                   | 4:25pm      | 800m          | Heptathlon      | Final        |
| 36.                                    | 4:30pm      | Javelin Throw | Men             | Final        |
| 14h.                                   | 4:30pm      | Javelin Throw | Decathlon       | Final        |
| 37.                                    | 4:30pm      | Triple Jump   | Men             | Final        |
| 29b(i)                                 | 4:35pm      | 200m          | Women           | B Final      |
| 29b(ii)                                | 4:40pm      | 200m          | Women           | A Final      |
| 30b(i)                                 | 4:45pm      | 200m          | Men             | B Final      |
| 30b(ii)                                | 4:50pm      | 200m          | Men             | A Final      |
| 3a(i)                                  | 4:55pm      | 400m          | Women           | B Final      |
| 3a(ii)                                 | 5:00pm      | 400m          | Women           | A Final      |
| 4a(i)                                  | 5:05pm      | 400m          | Men             | B Final      |
| 4a(ii)                                 | 5:10pm      | 400m          | Men             | A Final      |
| <b>INTERMISSION/Medal Presentation</b> |             |               |                 |              |
| 38.                                    | 5:40pm      | 5,000m        | Men             | Final        |
| 14i.                                   | 6:00pm      | 1,500m        | Decathlon       | Final        |
| 39.                                    | 6:15pm      | 4x100m Relay  | Women           | Final        |
| 40.                                    | 6:25pm      | 4x100m Relay  | Men             | Final        |
| 41.                                    | 6:35pm      | 4x400m Relay  | Women           | Final        |
| 42.                                    | 6:45pm      | 4x400m Relay  | Men             | Final        |
| <b>Medal Presentation</b>              |             |               |                 |              |
| <b>CLOSURE</b>                         |             |               |                 |              |