

# ALL NIGERIA ATHLETICS CHAMPIONSHIPS

## ORDER OF EVENTS

### Day 1 Thursday 30th July

8.00am	20km Walk Race	Women	Final
8.10am	20km Walk Race	Men	Final
9.00am	100meters Hurdles	Women	Heptathlon
9.00am	Discus	Women	Final
9.15am	100meters Hurdles	Women	Heat
9.30am	110meters Hurdles	Men	Heat
9.30am	High jump	Women	Heptathlon
9.45am	5,000meters	Women	Final
10.15am	400m Hurdles	Women	Heats
10.30am	400m Hurdles	Men	Heats
10.30am	Pole Vault	Men	Final
10.45am	5,000meters	Men	Final
11.05am	100meters	Men	Decathlon
11.10am	Shot put	Men	Final
11.15am	Javelin	Women	Final
11.15am	800meters	Women	Final
11.25am	800meters	Men	Final
11.35am	400meters	Women	Heat
11.35am	Long jump	Men	Decathlon
11.55am	400meters	Men	Heat
	<b>Victory Ceremony</b>		
12.25pm	Hammer	Men	Final

### AFTERNOON

2.00pm	Shot put	Women	Heptathlon
2.00pm	Discus	Men	Final
2.00pm	Shot Put	Men	Decathlon
2.05pm	Triple Jump	Men	Final
2.30pm	100m hurdles	Women	Final

2.45pm	110m hurdles	Men	Final
3.00pm	100meters	Women	Heat
3.45pm	100meters	Men	Heat
3.50pm	<b>Victory ceremony</b>		
4.00pm	Long jump	Women	Final
4.00pm	High jump	Men	Decathlon
4.10pm	Javelin	Men	Final
4.15pm	<b>Victory Ceremony</b>		
4.30pm	100meters	Women	Final
4.40pm	100meters	Men	Final
5.00pm	200meters	Women	Heptathlon
5.30pm	400meters	Men	Decathlon

## Day 2 Friday 31st July

8.00am	10,000meters	Women	Final
8.45am	10,000meters	Men	Final
9.00am	Pole vault	Women	Final
9.00am	Long jump	Women	Heptathlon
9.30am	110m Hurdles	Men	Decathlon
9.35am	<b>Victory Ceremony</b>		
9.40am	Discus	Men	Decathlon
9.45am	High Jump	Men	Final
10.00am	Hammer	Women	Final
10.05am	Javelin	Women	Heptathlon
10.30am	200meters	Women	Heat
10.45am	200meters	Men	Heat
10.45am	<b>Victory Ceremony</b>		
10.50am	Pole vault	Men	Decathlon

## AFTERNOON

1.00pm	Entertainment Period		
1.30pm	Triple Jump	Women	Final
2.05pm	High Jump	Women	Final
2.10pm	Javelin	Men	Decathlon
2.15pm	Shot put	Women	Final
2.25pm	400m Hurdles	Women	Final
	<b>Victory Ceremony</b>		
2.45pm	400m Hurdles	Men	Final
2.50pm	800meters	Women	Heptathlon
	<b>Victory Ceremony</b>		
3.00pm	<b>NATIONAL ANTHEM</b>		
3.05pm	Long jump	Men	Final
3.05pm	Hammer	Women	Final
3.15pm	400meters	Women	Final
3.25pm	400meters	Men	Final
3.35pm	1500meters	Women	Final
3.45pm	1500meters	Men	Final
4.00pm	200meters	Women	Final
4.15pm	200meters	Men	Final
4.30pm	1, 5000meters	Men	Decathlon
4.35pm	<b>Victory Ceremony</b>		
4.45pm	3,000m Steeple Chase	Men	Final
5.10pm	Masters Race		
5.15pm	<b>Victory Ceremony</b>		