



4th AFN Golden League Championships
Federal University of Technology Akure 6th June 2016
Order of Event

Afternoon

3.00pm	Long Jump	Women	GL
3.00pm	High jump	Women	Promotional
3.00pm	Shot put	Women	Promotional
3.10pm	Javelin	Women	GL
3.30pm	100m Hurdles	Women	Promotional
3.45pm	110m Hurdles	Men	GL
4.00pm	Discus	Men	GL
4.00pm	100meters	Women	GL
4.10pm	100meters	Men	GL
4.10pm	Long jump	Men	Promotional
4.15pm	400 meters	Women	GL
4.20pm	400meters	Men	GL
4.30pm	Javelin	Men	Promotional
4.30pm	400m Hurdles	Women	GL
4.45pm	400m Hurdles	Men	Promotional
5.00pm	200meters	Women	Promotional
5.30pm	200meters	Men	Promotional
5.45pm	800meters	Women	GL
4.50pm	800meters	Men	GL
5.00pm	5,000meters	Women	GL
5.30pm	4x100meters relay	Women	Promotional
5.40pm	4x100meters relay	Men	Promotional