

TOP SPURTER 2016 - EVENT SCHEDULE

Day 1	Thursday 29/09/16
START TIME	9:00AM
END TIME	5:45PM
TRACK EVENTS ONLY	
MORNING SESSION	
100M ROUND 1	
Women	9:00am
Men	9:12am
Junior Boys	10.03am
Youth Girls	10:33am
Youth Boys	10.43am
400M ROUND 1	
Youth Boys	11:24am
Junior Boys	11:48am
Men	12:16am
AFTERNOON SESSION	
100M SEMIS	
Youth Girls	1:30pm
Youth Boys	1:45pm
Junior Girls	2:00pm
Junior Boys	2:10pm
Women	2:25pm
Men	2:35pm
400M SEMIS	
Youth Girls	3:15pm
Youth Boys	3:30pm
Junior Girls	3:45pm
Junior Boys	4:00pm
Women	4:15pm
Men	4:30pm
100M FINALS	
Youth Girls	4:45pm
Youth Boys	4:55pm
Junior Girls	5:05pm
Junior Boys	5:15pm
Women	5:25pm
Men	5:35pm
END	5:45pm

Day 2	Friday 30/09/16
START TIME	9:00AM
END TIME	5:00PM
TRACK & FIELD EVENTS	
MORNING SESSION	
100M ROUND 1	
Women	9:00am
Men	9:16am
Junior Boys	10.28am
Youth Girls	11:20am
Youth Boys	11.44am
SHOT PUT, DISCUS, JAVELIN & HAMMER FINALS	
Junior/Youth Girls	9:00am
Junior/Youth Boys	9:00am
LONG JUMP PRELIMINARIES	
Junior/Youth Girls	9:00am
Junior/Youth Boys	10:00am
AFTERNOON SESSION	
200M SEMIS	
Youth Girls	1:00pm
Youth Boys	1:15pm
Junior Girls	1:30pm
Junior Boys	1:45pm
Women	2:00pm
Men	2:10pm
AWARD CEREMONIES	2:25PM
HIGH JUMP FINALS	
Junior/Youth Girls	2:00pm
Junior/Youth Boys	2:00pm
TRIPLE JUMP FINALS	
Junior/Youth Girls	3:00pm
Junior/Youth Boys	3:00pm
400M FINALS	
Youth Girls	3:00pm
Youth Boys	3:10pm
Junior Girls	3:20pm
Junior Boys	3:30pm
Women	3:40pm
Men	3:50pm
AWARD CEREMONIES	4:00PM
END	5:00pm

Day 3	Saturday 01/10/16
START TIME	9:00AM
END TIME	6:00PM
TRACK & FIELD EVENTS & LAGOS RELAYS	
MORNING SESSION	
100M/110M HURDLES (SEMI FINAL)	
Junior Boys Semis	9:00am
Junior / Youth Finals	9:20am
Youth Boys Final	9:30am
Junior Boys Final	9:40am
RELAY PRELIMINARIES	
Senior 4x400m (M&W)	10:00am
Senior 4x100m (M&W)	10:30am
Junior 4x100m (G&B)	11:00am
Youth 4x100m (G&B)	11:30am
LONG JUMP FINALS	
Junior/Youth Girls	9:30am
Junior/Youth Boys	10:30am
AFTERNOON SESSION	
200M FINALS	
Youth Girls	1:00pm
Youth Boys	1:10pm
Junior Girls	1:20pm
Junior Boys	1:30pm
Women	1:40pm
Men	1:50pm
PARALYMPIC EVENTS	2:00PM
100M FINALS	
MASTERS' RACE	2:30pm
STAFF RACE	2:45pm
4X100M FINALS	
Youth Girls	3:00pm
Youth Boys	3:15pm
Junior Girls	3:30pm
Junior Boys	3:45pm
Women	4:00pm
Men	4:15pm
4X400M FINALS	
Men	4:30pm
Women	4:45pm
AWARD CEREMONIES	5:00PM
END	6:00pm