

2nd AFN GOLDEN LEAGUE PORT HARCOURT

Program of events

Day 1

Morning

7.00am	10, 000m	Women	Final		
8.00am	100mh	Heptathlon	Final		
8:10am	100m	Decathlon	Final		
8.20am	1,500m	Women	All Comers		
8.30am	1,500m	Men	All Comers		
8.40am	100m	Women	Heats		
9.00am	Pole Vault	Women	Final		
9.00am	High Jump	Heptathlon	Final		
9.20am	100m	Men	Heats		
9.30am	Long Jump	Decathlon	Final		
10.00am	400m Hurdles	Women	Heats		
10.00am	Pole Vault	Men	All Comers		
10.30am	400m Hurdles	Men	All Comers		
10.50am	Shot Put	Decathlon	Final		
11.10am	100mh	Women	Heats		
11.40am	Hammer	Women	Final	Opt.	
12.20pm	110mh	Men	Heats		
12.40pm	Hammer	Men	Final		
12:40pm	Triple Jump	Women	Final	GL	1

Afternoon

1.00pm	Shot Put	Heptathlon	Final		
1.00pm	High Jump	Decathlon	Final		
1.30pm	400m	Women	Heats		
2.00pm	400m	Men	Heats		
2.30pm	Long Jump	Women	All Comers		
2.40pm	100m	Women	Final B		
2.45pm	100m	Women	Final A		
2.50pm	100m	Men	Final B		
2.55pm	100m	Men	Final A		
2.55pm	High Jump	Men	All Comers		
2:55pm	Discus	Women	Final	Opt.	
3.00pm	800m	Women	Final		
3.00pm	800m	Men	Heats		
3.15pm	200m	Heptathlon	Final		
3.20pm	400m	Decathlon	Final		
3:30pm	Triple Jump	Men	Final	GL	2
3:50pm	Discus	Men	Final		
4.00pm	200m	Women	Heats		
4.20pm	200m	Men	Heats		
4.50pm	5,000m	Men	Final		

Day 2

Morning

6.25am	20km Race Walk	Women	Final	GL	3
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6.30am	20km Race Walk	Men	Final	GL	4
8.05am	110m Hurdles	Decathlon	Final		
8.05am	Long Jump	Heptathlon	Final		
8.30pm	5,000m	Women	Final	GL	5
9.10am	Pole Vault	Women	Final		
9.20am	400m Hurdles	Women	Final	GL	6
9.30am	Discus	Decathlon	Final		
9.45am	Javelin	Heptathlon	Final		
11.05am	Shot Put	Women	Final	GL	7
11.50am	110m Hurdles	Men	Final	GL	8

Afternoon

1.30pm	Pole Vault	Decathlon	Final		
2.00pm	Shot Put	Men	Final	GL	9
2.05pm	High Jump	Women	Final	GL	10
2.35pm	100m Hurdles	Women	Final	GL	11
3.30am	400m	Women	Final	GL	12
3.40pm	400m	Men	Final	GL	13
3.45pm	Javelin	Women	Final	GL	14
3.50pm	200m	Women	Final	Inter	15
4.00pm	200m	Men	Final	Inter.	16
4.10pm	800m	Heptathlon	Final		
4.15pm	Javelin	Decathlon	Final		
4.15pm	Long Jump	Men	Final	GL	17
4.25pm	10,000m	Men	Final	Opt.	18
4.45pm	1,500m	Decathlon	Final	Opt.	19
5:00pm	Javelin	Men	Final	GL	20
5.00pm	4x100m	Women	Final	BN	
5.10pm	4x100m	Men	Final	BN	
5.20pm	4x400m	Women	Final	BN	
5.25pm	4x400m	Men	Final	BN	