



Gold Coast Commonwealth Games Trials Abuja Program of events

Day 1 14/02/2018

Morning

8:10am	100m	Decathlon	Final
8.20am	1,500m	Women	Final
8.30am	1,500m	Men	Final
8.40am	400m	Women	Heats
9.00am	400m	Men	Heats
9.30am	Long Jump	Decathlon	Final
10.00am	100m	Women	Heats
10.00am	Pole Vault	Men	Final
10.30am	100m	Men	Heats
10.50am	Shot Put	Decathlon	Final
11.40am	Discus	Women	Final
12:40pm	Triple Jump	Women	Final

Afternoon

1.00pm	High Jump	Decathlon	Final
2:00pm	100m Hurdles	Women	Heats
2:10pm	110m Hurdles	Men	Heats
2:40pm	800m	Men	Semi Final
3:00pm	Discus	Men	Final
3.25pm	400m Hurdles	Women	Heats
3:25pm	Triple Jump	Men	Final
3:45pm	400m Hurdles	Men	Heats
4:05pm	400m	Decathlon	Final
4:10pm	5,000m	Women	Final
4:35pm	5,000m	Men	Final



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Day 2 15/02/2018

Morning

8.00am	100m Hurdles	Heptathlon	Final
8:20am	110m Hurdles	Decathlon	Final
9.00am	High Jump	Heptathlon	Final
9.10am	Pole Vault	Women	Final
9.20am	400m Hurdles	Women	Final
9:30am	400m Hurdles	Men	Final
9.30am	Discus	Decathlon	Final
10:30am	Hammer	Women	Final

Afternoon

1.00pm	Shot Put	Heptathlon	Final
1.30pm	Pole Vault	Decathlon	Final
2.00pm	Javelin	Women	Final
3.30am	100m	Women	Semi Final
3:40pm	Shot Put	Men	Final
3.50pm	100m	Men	Semi Final
4:05pm	400m	Women	Semi Final
4:15pm	400m	Men	Semi Final
4:15pm	Javelin	Decathlon	Final
4:25pm	High Jump	Men	Final
4.25pm	Long Jump	Women	Final
4:30pm	100m	Women	Final
4:35pm	100m	Men	Final
4:40pm	10,000m	Men	Final
5:20pm	200m	Heptathlon	Final
5:25pm	200m	Women	Heats
5:45pm	200m	Men	Heats
6:05pm	1,500m	Decathlon	Final



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Day 3 16/02/2018

Morning

6.25am	20km Race Walk	Women	Final
6.30am	20km Race Walk	Men	Final
9:00am	3,000m Steeple Chase	Men	Final
9.45am	Long Jump	Heptathlon	Final
9:50am	200m	Women	Semi Final
10:15am	200m	Men	Semi Final
11.40pm	Hammer	Men	Final

Afternoon

2:00pm	Javelin	Heptathlon	Final
2:30pm	100m Hurdles	Women	Final
2:50pm	110m Hurdles	Men	Final
3:00pm	Shot Put	Women	Final
3:30pm	400m	Women	Final
3:35pm	400m	Men	Final
3:35pm	Long Jump	Men	Final
3:35pm	High Jump	Women	Final
3:40pm	800m	Heptathlon	Final
3:45pm	800m	Women	Final
3:50pm	800m	Men	Final
4:00pm	Javelin	Men	Final
4:05pm	10, 000m	Women	Final
4:45pm	200m	Women	Final
4:50pm	200m	Men	Final
5:20pm	4x100m	Women	Final
5:25pm	4x100m	Men	Final
5:30pm	4x400m	Women	Final
5:35pm	4x400m	Men	Final