



**3rd Golden League**  
 Abuja 16-17 March 2018  
 Time Table

Day 1 16/03/2018

**Morning**

8.05am	Discus	Women	Final
8.45am	100mh	Heptathlon	Final
8.55am	100m	Decathlon	Final
9.00am	100m	Women	Heats
9.00am	Pole Vault	Men	Final
9.30am	High Jump	Heptathlon	Final
9.30am	Long Jump	Decathlon	Final
9.50am	100m	Men	Heats
10.50am	400m Hurdles	Women	Heats
10.50am	Discus	Men	Final
10.50am	Shot Put	Decathlon	Final
11.10am	400m Hurdles	Men	Heats
11.40am	1,500m	Women	Final
11.40am	Hammer	Women	Final
11.50am	1,500m	Men	Final
12.10am	100mh	Women	Heats
12.20pm	110mh	Men	Heats
12.40pm	Hammer	Men	Final

**Afternoon**

3.00pm	Shot Put	Heptathlon	Final
4.25pm	High Jump	Decathlon	Final
4.30pm	3,000m Steeple Chase	Men	Final
4.30pm	400m	Women	Heats
5.10pm	400m	Men	Heats
5.05pm	Long Jump	Women	Final
5.30pm	High Jump	Men	Final
6.00pm	800m	Women	Final
6.10pm	800m	Men	Heats
6.20pm	200m	Heptathlon	Final
6.20pm	Triple Jump	Men	Final GL 1
6.25pm	400m	Decathlon	Final
6.30pm	5,000m	Women	Final
6.55pm	10,000m	Men	Final
7.10pm	200m	Women	
7.40pm	200m	Men	



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Day 2 16/03/2018

**Morning**

6.25am	10,000m Race Walk	Women	Final	GL	2
6.30am	10,000m Race Walk	Men	Final	GL	3
8.05am	110m Hurdles	Decathlon	Final		
8.05am	Long Jump	Heptathlon	Final		
8.30pm	10,000m	Women	Final	GL	4
9.00am	Triple Jump	Women	Final		5
9.05am	Javelin	Women	Final	GL	6
9.10am	Pole Vault	Women	Final		
9.20am	400m Hurdles	Women	Final	GL	7
9.30am	Discus	Decathlon	Final		
9.45am	Javelin	Heptathlon	Final		

**Afternoon**

2.30pm	Pole Vault	Decathlon	Final		
3.00pm	Shot Put	Women	Final	GL	8
4.00pm	Shot Put	Men	Final	GL	9
4.05pm	High Jump	Women	Final	GL	10
4.05pm	100m Hurdles	Women	Final	GL	11
4.20pm	110m Hurdles	Men	Final	GL	12
4.30am	400m	Women	Final	GL	13
4.40pm	400m	Men	Final	GL	14
4.45pm	Javelin	Men	Final	GL	15
4.45pm	Long Jump	Men	Final	GL	16
4.50pm	100m	Women	Final	GL	17
5.00pm	100m	Men	Final	GL	18
5.10pm	800m	Heptathlon	Final		
5.30pm	Javelin	Decathlon	Final		
6.15pm	1,500m	Decathlon	Final	GL	19
7.00pm	5,000m	Men	Final	GL	20
7.35pm	4x100m	Women	Final	BN	
7.40pm	4x100m	Men	Final	BN	
7.45pm	4x400m	Women	Final	BN	
7.50pm	4x400m	Men	Final	BN	