



**4th Golden League**  
 Ozoro 22nd - 23rd, June 2018  
 Time Table

Day 1 22/06/2018

**Morning**

8.00am	10,000m	Women	Final
8.05am	Discus	Women	Final
8.45am	100mh	Heptathlon	Final
8.55am	100m	Decathlon	Final
9.00am	200m	Women	Heats
9.00am	Pole Vault	Men	Final
9.30am	High Jump	Heptathlon	Final
9.30am	Long Jump	Decathlon	Final
9.50am	200m	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
3.05pm	High Jump	Decathlon	Final
3.10pm	3,000m Steeple Chase	Men	Final
3.20pm	400m	Women	Heats
3.40pm	400m	Men	Heats
3.45pm	Long Jump	Women	Final
3.50pm	High Jump	Men	Final
3.50pm	200m	Heptathlon	Final
4.00pm	400m	Decathlon	Final
4.10pm	800m	Women	Final
4.20pm	800m	Men	Heats
4.25pm	Triple Jump	Men	Final
4.50pm	5,000m	Men	Final
5.00pm	100m	Women	Heats
5.20pm	100m	Men	Heats

GL 1



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Day 2 23/06/2018

**Morning**

7.00am	10,000m Race Walk	Women	Final	GL	2
7.05am	10,000m Race Walk	Men	Final	GL	3
9.00am	110m Hurdles	Decathlon	Final		
9.05am	Triple Jump	Women	Final	GL	5
9.10am	Javelin	Women	Final	GL	6
9.15am	Pole Vault	Women	Final		
9.20am	400m Hurdles	Women	Final	GL	7
10.30am	Discus	Decathlon	Final		

**Afternoon**

2.30pm	Pole Vault	Decathlon	Final		
2.35pm	100m Hurdles	Women	Final	GL	11
2.35pm	Shot Put	Women	Final	GL	8
2.50pm	110m Hurdles	Men	Final	GL	12
3.00pm	Shot Put	Men	Final	GL	9
3.05pm	High Jump	Women	Final	GL	10
3.10pm	10,000m	Men	Final	GL	4
3.45pm	Javelin	Men	Final	GL	15
3.45pm	Javelin	Decathlon	Final		
3.50pm	Long Jump	Men	Final	GL	16
4.00pm	200m	Women	Final	GL	17
4.10pm	200m	Men	Final	GL	18
4.20pm	1,500m	Decathlon	Final		
4.30pm	400m	Women	Final	GL	13
4.40pm	400m	Men	Final	GL	14
4.50pm	5,000m	Women	Final	GL	19
5.00pm	4x100m	Women	Final	BN	
5.10pm	4x100m	Men	Final	BN	
5.20pm	4x400m	Women	Final	BN	
5.30pm	4x400m	Men	Final	BN	