

**All Nigeria Championships 2018
Time Table**

Day 1 5th July 2018

Morning

8:00am	100m	Decathlon	Final	
8:20am	1, 500m	Women	Final	1
8:30am	1, 500m	Men	Final	2
8:40am	100m Hurdles	Women	Heats	
9:00am	110m Hurdles	Men	Heats	
9:30am	Long Jump	Decathlon	Final	
10:00am	400m	Women	Heats	
10:00am	Pole Vault	Men	Final	
10:30am	400m	Men	Heats	3
10:50am	Shot Put	Decathlon	Final	
11:40am	Discus	Women	Final	4
12:40pm	Triple Jump	Women	Final	5

Afternoon

1:00pm	High Jump	Decathlon	Final	
2:00pm	800m	Men	Semi Final	
2:10pm	200m	Women	Heats	
2:40pm	200m	Men	Heats	
3:00pm	Discus	Men	Final	6
3:25pm	400m Hurdles	Women	Heats	
3:25pm	Triple Jump	Men	Final	7
3:45pm	400m Hurdles	Men	Heats	
4:05pm	400m	Decathlon	Final	
4:10pm	5, 000m	Women	Final	8
4:35pm	5, 000m	Men	Final	9

Day 2 6th July 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	10
9:20am	400m Hurdles	Women	Final	11
9:30am	400m Hurdles	Men	Final	12
9:30am	Discus	Decathlon	Final	
10:00am	100m	Women	Heats	
10:30am	Hammer	Women	Final	13
10:30am	100m	Men	Heats	

Afternoon

1:00pm	Shot Put	Heptathlon	Final	
1:30pm	Pole Vault	Decathlon	Final	
2:00pm	Javelin	Women	Final	14
3:30pm	400m	Women	Semi Final	
3:40pm	400m	Men	Semi Final	
3:40m	High Jump	Men	Final	15
3:50pm	200m	Women	Semi Final	
4:00pm	200m	Men	Semi Final	
4:15pm	100m Hurdles	Women	Final	16
4:15pm	Javelin	Decathlon	Final	
4:25pm	110m Hurdles	Men	Final	17

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4:25pm	Long Jump	Women	Final	18
4:25pm	Shot Put	Men	Final	19
4:35pm	200m	Heptathlon	Final	
4:40pm	1, 500m	Decathlon	Final	20
4:50pm	10, 000m	Men	Final	21
Day 3				
7th July 2018				
Morning				
8:00am	20km Race Walk	Women	Final	22
8:30am	20km Race Walk	Men	Final	23
9:45am	Long Jump	Heptathlon	Final	
11:40pm	Hammer	Men	Final	24
Afternoon				
2:00pm	Javelin	Heptathlon	Final	
2:30pm	100m	Women	Semi Final	
2:50pm	100m	Men	Semi Final	
3:00pm	Shot Put	Women	Final	25
3:30pm	400m	Women	Final	26
3:40pm	400m	Men	Final	27
3:40pm	Long Jump	Men	Final	28
3:45pm	High Jump	Women	Final	29
3:50pm	800m	Heptathlon	Final	30
3:55pm	800m	Women	Final	31
4:00pm	800m	Men	Final	32
4:05pm	3, 000m Steeple Chase	Women	Final	33
4:05pm	Javelin	Men	Final	34
4:25pm	3, 000m Steeple Chase	Men	Final	35
4:40pm	100m	Women	Final	36
4:45pm	100m	Men	Final	37
4:50pm	10, 000m	Women	Final	38
5:40pm	200m	Women	Final	39
5:45pm	200m	Men	Final	40
5:50pm	4x100m	Women	Final	41
5:55m	4x100m	Men	Final	42
6:00pm	4x400m	Women	Final	43
6:05pm	4x400m	Men	Final	44