



19th National Sports Festival

"Abuja 2018"

6th -16th Dec, 2018

Athletics Order of Events

Day 1 11th December, 2018

Morning Session

8.00am	5,000m	Women	Final
9.00am	Shot Put F55-56	Men	Final
9.30am	100m Hurdles	Women	Heptathlon
10.00am	Discus Amputee F42-44	Women	Final
10.00am	100m	Women	Heats
10.30am	High Jump	Women	Heptathlon
10.45am	100m	Men	Heats
11.00am	Discus Amputee F42-44	Men	Final
11.45am	100m Wheelchair T53/54	Women	Heatss
12.00pm	100m Wheelchair T53/54	Men	Heatss

Afternoon Session

4.00pm	Shot Put	Women	Heptathlon
4.05pm	400m Hurdles	Women	Heats
4.05pm	Shot Put F55/56	Women	Final
4.30pm	400m Hurdles	Men	Heatss
4.35pm	Discus	Women	Final
4.40pm	Long Jump	Women	Final
4.40pm	100m Deaf	Women	Heatss
4.55pm	100m Deaf	Men	Heatss
5.15pm	400m	Women	Heatss
5.55pm	400m	Men	Heatss
6.45pm	200m	Women	Heptathlon
7.05pm	200m Wheelchair T54	Men	Semi Finalss
7.15pm	200m Wheelchair T54	Women	Final



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Day 2 12th December, 2018

Morning Session

9.00am	Pole Vault	Women	Final
9.00am	Long Jump	Women	Heptathlon
9.45am	400m	Women	Semi Finals
10.00am	400m	Men	Semi Finals
10.20am	100m Blind T 11	Women	Heats
10.35am	100m Blind T 11	Men	Heats
10.40pm	Medal presentation		
10.50am	100m Wheel Chair T53/54	Women	Semi Finals
11.00am	Medal presentation		
11.10am	100m Wheel Chair T53/54	Men	Semi Finals
11.20am	800m	Women	Heats
11.50am	800m	Men	Heats

Afternoon Session

3.00pm	Shot Put	Men	Final
3.05pm	100m deaf	Women	Final
3.05pm	Triple Jump	Men	Final
3.40pm	Javelin	Women	Heptathlon
3.40pm	100m deaf	Men	Final
4.10pm	Javelin	Men	Final
3.50pm	100m Wheel Chair T54	Men	Final
4.-0pm	100m Blind T11	Women	Final
4.10pm	100m Blind T11	Men	Final
4.25pm	100m	Women	Semi Finals
4.40pm	100m	Men	Semi Finals
4.40pm	High Jump	Men	Final
4.40pm	Hammer	Men	Final
5.05pm	800m	Women	Heptathlon
5.15pm	10,000m	Men	Final
6.05pm	400m hurdles	Women	Final
6.20pm	400m hurdles	Men	Final
6.30pm	Medal Presentation		
6.45pm	100m	Women	Final
6.50pm	100m	Men	Final



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Day 3 13th December, 2018

Morning Session

9.00am	Pole Vault	Men	Final
9.05am	100m	Men	Decathlon
9.15am	200m deaf	Women	Heats
9.40am	200m deaf	Men	Heats
10.45am	100m Partially Blind T12-13	Women	Semi Finals
10.50am	Long Jump	Men	Decathlon
10.55am	100m Partially Blind T12-13	Men	Semi Finals
11.05am	400m deaf	Women	Heats
11.25am	400m deaf	Men	Heats
11.45am	200m T45-47	Men	Heats
12.00noon	200m T45-47	Men	Heats
12.20pm	100m CP T37/38	Women	Final
12.30pm	100m CP T37/38	Men	Final
12.40pm	Medals Presentation		

Afternoon Session

4.00pm	Discus	Men	Final
4.30pm	Shot Put	Men	Decathlon
5.00pm	Javelin	Women	Final
5.00pm	100m Hurdles	Women	Heats
5.20pm	110m Hurdles	Men	Heats
5.30pm	200m deaf	Women	Semi Finals
5.45pm	200m deaf	Men	Semi Finals
5.45pm	Shot Put	Women	Final
6.00pm	High Jump	Men	Decathlon
6.00pm	Medals Presentation		
6.00pm	400m	Women	Final
6.10pm	400m	Men	Final
6.15pm	200m T12-13	Men	Final
6.30pm	200m Amputee T45-47	Women	Final
6.40pm	200m Amputee T45-47	Men	Final
6.45pm	400m	Men	Decathlon



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Day 4 14th December, 2018

Morning

9.00am	110m Hurdles		Decathlon
9.15am	10,000m	Men	Final
9.30am	Shot Put Sitting F57-58	Women	Final
10.15am	200m Blind T11	Women	Semi Finals
10.45am	200m Blind T11	Men	Semi Finals
10.45am	Discus	Men	Decathlon
11.00am	200m Wheel Chair T53/54	Men	Final
11.00am	Javelin Wheel Chair F57-58	Men	Final
11.15am	200m deaf	Women	Final
11.25am	Long jump deaf	Men	Final
11.25am	200m deaf	Men	Final
11.35am	100m T12-13	Women	Semi Finals
11.40am	Pole Vault		Decathlon
11.45am	100m T12-13	Men	Semi Finals
12.00noon	4x400m Mixed Relay		Heats
12.40pm	Hammer	Women	Final

Afternoon

4.00pm	Javelin	Men	Decathlon
4.00pm	Shot Put F55/56	Men	Final
4.05pm	400m deaf	Women	Final
4.10pm	Triple Jump	Women	Final
4.15pm	400m deaf	Men	Final
5.00pm	Discus F61-64	Women	Final
5.10pm	Medal Presentation		
5.15pm	100m Partially Blind T12-13	Women	Final
5.25pm	100m Partially Blind T12-13	Men	Final
5.35pm	1,500m		Decathlon
6.00pm	Discus F61-64	Men	Final
6.10pm	Medal Presentation		
6.30pm	4x100m Mixed Relay		Heats



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Day 5	15th December, 2018		
7.00am	20km Walk Race	Women	Final
7.10am	20km Walk Race	Men	Final
9.00am	High Jump	Women	Final
9.05am	800m	Women	Final
9.10am	Long Jump	Men	Final
9.15am	800m	Men	Final
9.25am	100m Hurdles	Women	Final
9.35am	110m hurdles	Men	Final
10.35am	4x100m Mixed Relay		Final
10.45am	4x400m Mixed Relay		Final