



**AFN ALL NIGERIA
ATHLETICS CHAMPIONSHIPS 2019
(All African Games/World Championships Trials)
25th - 27th July, 2019**

Time Table

Morning Day 1. 25/07/19

8.00am	10,000m	Men	Final
8.40am	10,000m	Women	Final
9.40am	100m	Decathlon	
10.00am	100m	Women	Heats
10.40am	100m	Men	Heats
10.40am	Long Jump	Decathlon	
11.40am	400m	Women	Heats
12.10am	400m	Men	Heats
12.50am	800m	Women	Heats
1.00pm	800m	Men	Heats
1.00pm	Shot Put	Decathlon	
1.10pm	400m hurdles	Women	Heats
1.30pm	400m hurdles	Men	Heats
1.30pm	Hammer	Men	Final

Afternoon

2.30pm	Triple Jump	Men	Final
2.30pm	100m hurdles	Women	Heats
2.50pm	110m hurdles	Men	Heats
2.50pm	Discus	Women	Final
4.30pm	100m	Women	Semi Final
4.50pm	100m	Men	Semi Final
3.40pm	Discus	Men	Final
3.40pm	High Jump	Decathlon	
4.00pm	Triple Jump	Women	Final
4.20pm	400m	Decathlon	



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Morning Day 2. 26/07/19

8.30am	3,000m s/c	Women	Final
8.45am	3,000m s/c	Men	Final
9.00am	100m hurdles	Heptathlon	
9.10am	110m hurdles	Decathlon	
9.10am	Pole Vault	Women	Final
10.20am	1500m	Women	Final
10.20am	High Jump	Heptathlon	
10.30am	1500m	Men	Final
11.20am	Discus	Decathlon	
12.20am	Pole Vault	Decathlon	

Afternoon

2.30pm	Shot Put	Heptathlon	
2.40pm	Javelin	Decathlon	
3.00pm	100m	Women	Final
3.10pm	100m	Men	Final
3.20pm	400m		Semi Final
3.40pm	400m		Semi Final
4.00pm	200m	Heptathlon	
4.10pm	1500m	Decathlon	
4.20pm	4x100m	Boys	Heats
4.35pm	4x100m	Girls	Heats
5.10pm	4x100m National	Women	Heats
5.30pm	4x100m National	Men	Heats



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Morning		Day 3	27/07/19		
7.00am	20km Race Walk	Women	Final		
7.00am	20km Race Walk	Men	Final		
9.00am	Long Jump	Heptathlon			
10.30am	5,000m	Women	Final		
10.30am	Pole Vault	Men	Final		
10.40am	Javelin	Heptathlon			
10.50am	5,000m	Men	Final		
11.10am	200m	Women	Heats		
11.40am	Hammer	Women	Final		
12.00pm	200m	Men	Heats		
1.00pm	Entertainment				
Afternoon					
2.00pm	Shot Put	Women	Final		
2.00pm	400m hurdles	Women	Final		
2.10pm	400m hurdles	Men	Final		
2.10pm	Long Jump	Women	Final		
2.20pm	800m	Women	Final		
2.25pm	800m	Men	Final		
2.30pm	High Jump	Men	Final		
2.40pm	Javelin	Women	Final		
2.50pm	100m hurdles	Women	Final		
3.00pm	110m hurdles	Men	Final		
3.10pm	Long Jump	Men	Final		
3.10pm	400m	Women	Final		
3.15pm	400m	Men	Final		
3.20pm	Shot Put	Men	Final		
3.25pm	800m	Heptathlon			
3.30pm	200m	Women	Final C		
3.35pm	200m	Men	Final C		
3.35pm	High Jump	Women	Final		
3.40pm	200m	Women	Final B		
3.45pm	200m	Men	Final B		
3.50pm	200m	Women	Final A		
3.55pm	200m	Men	Final A		
3.55pm	Javelin	Men	Final		
4.00pm	4x100m	Boys	Final		
4.05pm	4x100m	Girls	Final		
4.10pm	4x100m International	Women	Final		
4.15pm	4x100m International	Men	Final		
4.20pm	4x400m International	Women	Final		
4.25pm	4x400m International	Men	Final		
4.30pm	4x100m National	Women	Final		
4.35pm	4x100m National	Men	Final		