

45th National Inclusive Athletics Championships 2017. Toa Payoh Stadium 9 July 2017.

Programme Schedule

Time	Event Number	Events	Division / Class
0800H	Registration		
0900H	101A 101B	1500m	Men 15+ T11-13 Men 15+ T20
0900H	201 202 203	Javelin (Seated Throw)	Men 15+ F51-57 600g Men 15+ F31-34 600g Women 15+ F51-57 600g (Discus Ring Area)
0900H	204 205	Shot Put (Standing Throw)	Women 15+ F20 4kg Women 15+ FD 4kg
0915H	102A 102B	1500m	Women 15+ T20 Women 15+ T11-13
0930H	103	200m	Men 15+ T35-38
0940H	104A 104B 104C	200m	Men 15+ T45-46 Men 15+ T11-13 Men 15+ T51-54
0945H	105A 105B	200m	Women 15+ T32-34 Women 15+ T35-38
0955H	106	200m	Women 15+ T11-13
1000H	Victory Ceremony		
1000H	206	Club Throw (Seated Throw)	Men 15+ F32 (Discus Ring Area)
1010H	107A 107B 107C 107D	100m	Boys 7+ ACE Boys 10-12 T35-38 Boys 7-9 T20 Boys 10-12 TD
1010H	207 208 209	Shot Put (Standing Throw)	Boys 13-14 F20 4kg Boys 13-14 FD 4kg Girls 13-14 F20 3kg

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1015H	108A 108B 108C	100m	Girls 10-12 T35-38 Girls 7-9 T11-13 Girls 10-12 TD
1020H	109	100m	Boys 10-12 T11-13
1025H	110	100m	Boys 7-9 T11-13
1030H	Arrival of GOH Ms Sim Ann Senior Minister of State, MCCY and MTI		
1030H	111A 111B	100m	Girls 7-9 T20 Girls 10-12 T20
1030H	210 211	Javelin (Standing Throw)	Men 15+ F35-38 600g Men 15+ F40-41 600g (Javelin Area)
1035H	112	100m	Boys 10-12 T20
1045H	113	100m	Women 15+ T20
1050H	114	100m	Women 15+ T11-13
1055H	115A 115B	100m	Boys 13-14 T35-38 Boys 13-14 T11-13
1100H	116A 116B 116C	100m	Women 15+ T35-38 Women 15+ TD Girls 13-14 T11-13
1100H	212	Shot Put (Standing Throw)	Men 15+ F20 7.26kg
1105H	117	100m	Boys 13-14 T20
1115H	Victory Ceremony by Ms Sim Ann Senior Minister of State, MCCY and MTI Event 206 Event 103 Event 104A, 104B, 104C Event 105A, 105B Subjected to changes		

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1130H	118A 118B	100m	Men 15+ T11-13 Men 15+ TD
1140H	119A 119B	100m	Men 15+ T35-38 Men 15+ T45-46
1145H	120	100m	Girls 13-14 T20
1150H	121	100m	Men 15+ T20
1200H	Victory Ceremony 2		
1210H	122A 122B 122C	100m	Men 15+ T51-54 Men 15+ T32-34 Boys 7-9 T32-34
1220H	123A 123B 123C	100m	Women 15+ T32-34 Women 15+ T51-54 Girls 7-9 T32-34
1230H	Break		
1330H	Call Room Starts		
1400H	124	400m	Boys 13-14 T20
1400H	213 214 215 216	Long Jump	Men 15+ T20 Boys 13-14 T20 Women 15+ T20 Girls 13-14 T20
1410H	125	400m	Men 15+ TD
1415H	126	400m	Women 15+ T20
1420H	217 218 219 220	Shot Put (Seated Throw)	Women 15+ F51-57 3kg Men 15+ F51-57 4kg Men 15+ F32 2kg Men 15+ F34 4kg

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1425H	127	400m	Women 15+ T11-13
1430H	128	400m	Girls 13-14 T20
1440H	129	400m	Men 15+ T20
1500H	130A 130B	400m	Men 15+ T51-54 Men 15+ T11-13
1500H	221 222 223	Shot Put (Standing Throw)	Men 15+ F35-38 5kg Men 15+ F40-41 4kg Men 15+ FD 7.26kg
1515H	131A 131B	4x100m	Women 15+ T20 Women 13-14 T20
1530H	132A 132B	4x100m	Men 15+ T20 Men 13-14 T20
	Victory Ceremony		

Subjected to changes