

**Programme Schedule (as of 18 Jan 2019)**

The Programme Schedule is subjected to changes. Please check the website for regular updates.

Kindly note that the time stated is the start time of the event. Participants should be prepared to report to the Call Room upon announcement (approx. 30min before start of event). The Organiser reserves the right to withdraw late reports from the events.

Start Time	Events	Venue
<b>8.30am</b>	Start of Registration I (Track and Long Jump Events) Warm-Up	National Stadium
<b>9.30am</b>	Long Jump 1500m	
<b>10.00am</b>	200m	
<b>10.30am</b>	800m	
<b>11.00am</b>	100m	
<b>11.30am</b>	400m	
<b>12.00pm</b>	Victory Ceremony I End of Track & Long Jump Events	
<b>1.00pm</b>	Lunch Break / Rest	(Meal details will be provided at a later date.)
<b>3.30pm</b>	Start of Registration II (Field Events) Warm-Up	Home of Athletics (Kallang Practice Track)
<b>4.30pm</b>	Shot Put Javelin Club Throw	
<b>6.00pm</b>	Victory Ceremony II End of Field Events	