

**Programme Schedule (as of 5 Mar 2019)**

Start Time	Events	Class	Venue
8.30am	Start of Registration I (Track and Long Jump Events) Warm-Up		National Stadium
9.30am	Long Jump	Women T20 Long Jump Men T20 Long Jump	
9.30am	1500m	Women T20 1500m	
9.45am	1500m	Men T20 1500m	
10.15am	200m	Women T36 200m Men T37 200m Men TD 200m	
10.25am	800m	Women T20 800m	
10.30am	800m	Men T20 800m	
11.05am	100m	Women TD 100m Women T36 100m Women T52 100m	
11.10am	100m	Men TD 100m Men II2 100m Men T11-13 100m Men T37 100m Men T52 100m Men T53 100m	
11.30am	400m	Women T20 400m	
11.45am	400m	Men T20 400m Men TD 400m Men T53 400m	
12.15pm	End of Track & Long Jump Events Victory Ceremony II		
1.00pm	Lunch Break / Rest		



**47<sup>th</sup> National Athletics Championships 2019**  
 National Stadium (Track & Long Jump Events)  
 Home of Athletics (Field Events)

Start Time	Events	Class	Venue
3.00pm	Start of Registration II (Field Events) Warm-Up		Home of Athletics (Kallang Practice Track)
3.30pm	Club Throw (Seated) Discus (Seated)	Men F32 Club Throw Women F51 Club Throw Men F56 Discus Men F57 Discus	
4.00pm	Shot Put (Standing) Javelin (Standing) Javelin (Seated)	Women F20 Shot Put Men F20 Shot Put Men FD Shot Put Men F38 Shot Put Men F40 Shot Put  Women FD Javelin Men FD Javelin Men F37 Javelin Men F40 Javelin  Men 57 Javelin	
6.00pm	Victory Ceremony III End of Field Events		