



DELHI STATE OPEN **ATHLETICS** CHAMPIONSHIPS

April 2026



03–05 April 2026



Jawaharlal Nehru Stadium, New Delhi

Organized by

DELHI ATHLETICS

Abhishek Tandon
President

Parth Goswami
Secretary



Instruction & Order of Event

RULES AND REGULATIONS for Delhi State Open Athletics Championships-Apr 2026

1. This program is tentative and may be modified if required. Event timings will be announced shortly. However, the competition will commence from **07:00 AM onwards**.
2. Athletes participating in **High Jump, Pole Vault, Javelin Throw, and Hammer Throw** must report **one hour prior** to their event. All other athletes must report **45 minutes before** their event.
3. In **track events**, the **top 8 athletes** will qualify for the **final**. If there are fewer than 8 participants, the event will be conducted as a **direct final**.
4. In the **Heptathlon (Women & Junior Women)**, athletes will compete in the **800m race**. In the **Under-18 Heptathlon**, athletes will compete in the **1000m race**.
5. Events with fewer than **4 participants** will be treated as **trial events**. **No medals or certificates** will be awarded for such events.
6. All protests must be submitted to the TIC within 30 minutes of the official announcement of the result, accompanied by a fee of ₹2,000, in accordance with AFI rules. The decision of the Jury shall be final and binding.
7. **Hurdle events** and races such as **800m, 1500m, 3000m, 5000m, and 10,000m** will be conducted as **time trials**.
8. Athletes intending to use their **own equipment** must submit it at least **two hours before** the event.
9. The **Under-14 Triathlon** will be conducted as a **direct final**. The winner will be decided based on **total points**.
10. All athletes are subject to **age verification**. **Final results** will be confirmed only after **successful verification**, if selected.
11. All athletes are required to carry original documents, including the **Date of Birth Certificate, Class X Certificate, School/College ID Card, UID, and any other valid age proof**. In the absence of these documents, participation may be denied.
12. Event timings are **tentative**. Athletes are advised to remain **alert for updates or changes**.
13. Any form of **indiscipline** will not be tolerated and may result in **disqualification**.
14. All athletes who **qualify for the finals** in any event are required to **participate in the finals**. Any athlete who, without **prior approval**, fails to participate shall be liable for **disciplinary action** in accordance with the rules of the **Athletics Federation of India (AFI)**. Exemption from participation may be granted only in **exceptional circumstances**, subject to **prior approval of the jury**.

RULES AND REGULATIONS for Delhi State Open Athletics Championships-Apr 2026

1. यह कार्यक्रम अस्थायी है एवं आवश्यकता होने पर इसमें संशोधन किया जा सकता है। कार्यक्रम की विस्तृत समय-सारिणी शीघ्र जारी की जाएगी। प्रतियोगिता **प्रातः 07:00 बजे से प्रारंभ होगी**।
2. **हार्ड जंप, पोल वॉल्ट, जेवलिन थ्रो और हैमर थ्रो** के खिलाड़ियों को अपने इवेंट से **1 घंटे पहले रिपोर्ट** करना होगा। अन्य सभी खिलाड़ियों को **45 मिनट पहले रिपोर्ट** करना होगा।
3. **ट्रैक इवेंट्स में शीर्ष 8 खिलाड़ी फाइनल** के लिए चयनित होंगे। यदि प्रतिभागियों की संख्या 8 से कम है, तो इवेंट **सीधा फाइनल** के रूप में कराया जाएगा।
4. **हेप्टाथलॉन (महिला एवं जूनियर महिला)** में खिलाड़ी **800 मीटर दौड़** करेंगे। **अंडर-18 हेप्टाथलॉन** में खिलाड़ी **1000 मीटर दौड़** करेंगे।
5. जिन इवेंट्स में **4 से कम प्रतिभागी** होंगे, उन्हें **ट्रायल इवेंट** माना जाएगा। ऐसे इवेंट्स में **कोई मेडल या प्रमाण पत्र नहीं** दिया जाएगा।
6. सभी आपत्तियाँ (प्रोटेस्ट) परिणाम की आधिकारिक घोषणा के 30 मिनट के भीतर TIC में ₹2,000 शुल्क के साथ, AFI नियमों के अनुसार प्रस्तुत की जानी चाहिए। जूरी का निर्णय अंतिम एवं बाध्यकारी होगा।
7. **हर्डल इवेंट्स और 800m, 1500m, 3000m, 5000m तथा 10,000m दौड़** को **टाइम ट्रायल** के रूप में आयोजित किया जाएगा।
8. जो खिलाड़ी अपना **स्वयं का उपकरण (Equipment)** उपयोग करना चाहते हैं, उन्हें इसे इवेंट से कम से कम **2 घंटे पहले जमा** कराना होगा।
9. **अंडर-14 ट्रायथलॉन** को **सीधा फाइनल** के रूप में आयोजित किया जाएगा। विजेता का निर्णय **कुल अंकों** के आधार पर होगा।
10. सभी खिलाड़ी **आयु सत्यापन (Age Verification)** के अधीन होंगे। चयनित खिलाड़ियों के **अंतिम परिणाम** केवल **सफल सत्यापन** के बाद ही घोषित किए जाएंगे।
11. सभी खिलाड़ियों के लिए यह अनिवार्य है कि वे अपने मूल दस्तावेज साथ रखें, जिनमें जन्म तिथि प्रमाण पत्र, कक्षा 10वीं का प्रमाण पत्र, स्कूल/कॉलेज का पहचान पत्र, आधार (UID) तथा अन्य कोई वैध आयु प्रमाण शामिल हैं। इन दस्तावेजों के अभाव में भाग लेने की अनुमति नहीं दी जाएगी।
12. **इवेंट का समय अस्थायी** है। खिलाड़ियों को सभी **अपडेट और बदलावों के लिए सतर्क** रहना चाहिए।
13. किसी भी प्रकार की **अनुशासनहीनता** बर्दाश्त नहीं की जाएगी और इससे **डिसकualिफिकेशन (अयोग्यता)** हो सकती है।
14. जो खिलाड़ी किसी भी इवेंट में **फाइनल के लिए चयनित** होते हैं, उनका **फाइनल में भाग लेना अनिवार्य** है। कोई भी खिलाड़ी यदि **पूर्व अनुमति के बिना** फाइनल में भाग नहीं लेता है, तो उसके खिलाफ **AFI नियमों के अनुसार अनुशासनात्मक कार्रवाई** की जाएगी। केवल **विशेष परिस्थितियों** में, **जूरी की पूर्व अनुमति** से ही छूट दी जा सकती है।

DELHI STATE OPEN ATHLETICS CHAMPIONSHIP{03-05 Apr 2026}**Jawaharlal Nehru Stadium, New Delhi****Order of Event {Version 1.2}****As on 30 Mar 2026****DAY-01{03 April 2026}**

S.NO	TIME	EVENT	SPECIFICATIONS	GROUP	STATUS
101	0630hrs	10000m	MEN (38.00.00)	MEN	FINAL
102	0700hrs	DISCUS THROW	1KG	GIRLS-18	FINAL
103	0705hrs	LONG JUMP	(5m APPROACH)	BOYS-16	FINAL
104	0710hrs	10000m	WOMEN (47.00.00)	WOMEN	FINAL
105	0730hrs	HIGH JUMP		WOMEN	FINAL
106	0730hrs	HIGH JUMP		JR WOMEN (GIRLS- 20)	FINAL
107	0750hrs	DISCUS THROW	1.5kg	BOYS-18	FINAL
108	0800hrs	1500m		JR MEN (BOYS-20)	TIME TRIAL/FINAL
109	0810hrs	1500m		WOMEN	TIME TRIAL/FINAL
110	0820hrs	1500m		JR WOMEN (GIRLS-20)	TIME TRIAL/FINAL
111	0830hrs	100m		MEN	DECA-1
112	0835hrs	LONG JUMP	(5mAPPROACH)	GIRLS-16	FINAL
113	0840hrs	100m		JR MEN (BOYS-20)	DECA-1
114	0850hrs	60m		BOYS-14	TRIATHLON - A
115	0900hrs	HIGH JUMP		MEN	FINAL
116	0900hrs	HIGH JUMP		JR MEN (BOYS-20)	FINAL
117	0905hrs	60m		GIRLS-14	TRIATHLON - A
118	0915hrs	400m		MEN	HEATS
119	0930hrs	JAVELIN THROW	500 gm (10m APPROACH)	GIRLS - 16	FINAL
120	0930hrs	DISCUS THROW	1kg	JR WOMEN (GIRLS-20)	FINAL
121	0930hrs	DISCUS THROW	1kg	WOMEN	FINAL
122	0935hrs	LONG JUMP		MEN	DECA-2
123	0935hrs	LONG JUMP		JR MEN (BOYS-20)	DECA-2
124	0940hrs	400m		JR MEN (BOYS-20)	HEATS
125	1000hrs	POLE VAULT		JR WOMEN (GIRLS-20)	FINAL
126	1000hrs	POLE VAULT		WOMEN	FINAL
127	1000hrs	POLE VAULT		JR MEN (BOYS-20)	FINAL
128	1000hrs	POLE VAULT		MEN	FINAL
129	1005hrs	400m		BOYS-18	HEATS
130	1030hrs	DISCUS THROW	1.75KG	JR MEN (BOYS-20)	FINAL
131	1030hrs	LONG JUMP	(5m APPROACH)	BOYS-14	TRIATHLON - A
132	1030hrs	JAVELIN THROW	600gm (10m APPROACH)	BOYS - 16	FINAL
133	1035hrs	400m		WOMEN	HEATS
134	1045hrs	400m		JR WOMEN (GIRLS- 20)	HEATS

135	1055hrs	400m		GIRLS-18	HEATS
136	1100hrs	SHOTPUT	7.26kg	MEN	DECA-3
137	1100hrs	SHOTPUT	6kg	JR MEN (BOYS 20)	DECA-3
138	1115hrs	80m HURDLE	Boys 16 – 0.838 m, (07 Flight)	BOYS - 16	TIME TRIAL / FINAL
139	1125hrs	80m HURDLE	Girls 16 - 0.762m (08 flight)	GIRLS - 16	TIMR TRIAL / FINAL
140	1130hrs	LONG JUMP	(5m APPROACH)	GIRLS -14	TRIATHLON - A
141	1145hrs	110m(H)	Boys 18 – 0.914m (10 Flights)	BOYS - 18	TIME TRIAL / FINAL
142	1155hrs	110m(H)	Jr. Men – 0.99m (10 Flights)	JR MEN (BOYS - 20)	TIME TRIAL / FINAL
143	1200hrs	110m(H)	Men 1.067m (10 Flights)	MEN	TIME TRIAL / FINAL
144	1210hr	100m(H)	0.762m (10 Flights)	GIRLS-18	TIME TRIAL/FINAL
145	1220hrs	100m(H)	0.838m (10 flight)	JR WOMEN (GIRLS-20)	TIME TRIAL/FINAL
146	1230hrs	100m(H)	0.838m (10 flight)	WOMEN	TIME TRIAL/FINAL
1300 HRS {LUNCH}					
147	1400hrs	LONG JUMP		WOMEN	FINAL
148	1400hrs	LONG JUMP		JR WOMEN (GIRLS- 20)	FINAL
149	1400hrs	HIGH JUMP		MEN	DECA-4
150	1400hrs	HIGH JUMP		JR MEN (BOYS-20)	DECA-4
151	1400hrs	400m		MEN	FINAL
152	1400hrs	DISCUS THROW	2kg	MEN	FINAL
153	1405hrs	400m		JR MEN (BOYS-20)	FINAL
154	1410hrs	400m		BOYS-18	FINAL
155	1415hrs	400m		WOMEN	FINAL
156	1420hrs	400m		JR WOMEN (GIRLS- 20)	FINAL
157	1425hrs	400m		GIRLS-18	FINAL
158	1430hrs	600m		BOYS-16	TIME TRIAL / FINAL
159	1450hrs	LONG JUMP		JR MEN (BOYS-20)	FINAL
160	1455hrs	600m		GIRLS-16	TIME TRIAL / FINAL
161	1500hrs	HIGH JUMP	{SCISSORS}	BOYS-14	TRIATHLON A
162	1500hrs	HAMMER THROW	4.000 kg	WOMEN	FINAL
163	1500hrs	HAMMER THROW	4.000 kg	JR WOMEN (GIRLS - 20)	FINAL
164	1505hrs	1000m		BOYS-18	FINAL
165	1525hrs	1000m		GIRLS-18	FINAL
166	1535hrs	400m		MEN	DECA-5
167	1535hrs	400m		JR MEN (BOYS - 20)	DECA-5
168	1545hrs	1500m		MEN	TIME TRIAL/FINAL
169	1550hrs	LONG JUMP		MEN	FINAL
170	1550hrs	HAMMER THROW	7.26kg	MEN	FINAL
171	1550hrs	HAMMER THROW	6.000 kg	JR MEN (BOYS-20)	FINAL
172	1550hrs	HIGH JUMP	{SCISSORS}	GIRLS-14	TRIATHLON A

DELHI STATE OPEN ATHLETICS CHAMPIONSHIP{03-05 Apr 2026}

Jawaharlal Nehru Stadium, New Delhi

Order of Event {Version 1.2}**As on 30 Mar 2026****DAY-02{04 April 2026}**

S.NO	TIME	EVENT	SPECIFICATIONS	GROUP	STATUS
201	0630hrs	10000m Race Walk	Men - (50min)	MEN	FINAL
202	0630hrs	10000m Race Walk	Women - (1hr)	WOMEN	FINAL
203	0700hrs	JAVELIN THROW	500 gm.	GIRLS-18	FINAL
204	0705hrs	HIGH JUMP		GIRLS-18	FINAL
205	0705hrs	HIGH JUMP		BOYS-18	FINAL
206	0730hrs	5000m Race Walk	JR MEN (Boys - 20) (25 min)	JR MEN (BOYS - 20)	FINAL
207	0730hrs	5000m Race Walk	JR WOMEN (Girls - 20) (30min)	JR WOMEN (GIRLS-20)	FINAL
208	0730hrs	TRIPLEJUMP		JR WOMEN (GIRLS-20)	FINAL
209	0730hrs	TRIPLEJUMP		WOMEN	FINAL
210	0740hrs	JAVELIN THROW	600gm	JR WOMEN (GIRLS-20)	FINAL
211	0740hrs	JAVELIN THROW	600gm	WOMEN	FINAL
212	0800hrs	RACE WALK 5000m(05KM)	(30 Min)	BOYS-18	FINAL
213	0800hrs	RACE WALK 3000m (03KM)	(22 Min)	GIRLS - 18	FINAL
214	0800hrs	TRIPLE JUMP		JR MEN (BOYS-20)	FINAL
215	0800hrs	TRIPLE JUMP		MEN	FINAL
216	0830hrs	3000m		JR MEN (BOYS - 20)	FINAL
217	0845hrs	3000m		JR WOMEN (GIRLS - 20)	FINAL
218	0900hrs	110m(H)	Men 1.067m (10 Flights)	DECATHLON MEN	DECA-6
219	0900hrs	JAVELIN THROW	700 gm.	BOYS-18	FINAL
220	0910hrs	110m(H)	Jr. Men – 0.99m (10 Flights)	DECATHLON JR MEN (BOYS - 20)	DECA-6
221	0920hrs	110m(H)	Boys 18 – 0.914m (10 Flights)	HEPTATHLON (BOYS - 18)	HEPTA - 1
222	0930hrs	100m(H)	0.838m (10 flight)	HEPTATHLON WOMEN	HEPTA-1
223	0935hrs	100m(H)	0.838m (10 flight)	HEPTATHLON JR WOMEN (GIRLS - 20)	HEPTA-1
224	0940hrs	100m(H)	0.762m (10 Flights)	HEPTATHLON (GIRLS - 18)	HEPTA-1
225	0950hrs	60m		BOYS-14	TRIATHLON - B
226	1000hrs	DISCUS THROW	2kg	MEN	DECA-7
227	1000hrs	DISCUS THROW	1.75KG	JR MEN (BOYS - 20)	DECA-7
228	1005hrs	60m		GIRLS-14	TRIATHLON - B
229	1015hrs	60m		BOYS-16	PENTA-1
230	1020hrs	LONG JUMP	(5m APPROACH)	BOYS-14	TRIATHLON - B
231	1030hrs	HIGH JUMP		HEPTATHLON BOYS-18	HEPTA-2
232	1035hrs	60m		GIRLS-16	PENTA-1
233	1045hrs	100m		MEN	HEATS
234	1110hrs	LONG JUMP	(5m APPROACH)	GIRLS -14	TRIATHLON - B

235	1130hrs	100m		JR MEN (BOYS-20)	HEATS
236	1130hrs	POLE VAULT		DECATHLON MEN	DECA - 8
237	1130hrs	POLE VAULT		DECATHLON JR MEN (BOYS-20)	DECA - 8
238	1130hrs	HIGH JUMP		HEPTATHLON WOMEN	HEPTA-2
239	1130hrs	HIGH JUMP		HEPTATHLON GIRLS- 20	HEPTA-2
240	1130hrs	HIGH JUMP		HEPTATHLON GIRLS-18	HEPTA-2
241	1130hrs	SHOTPUT	Boys - 18 (5kg)	HEPTATHLON BOYS-18	HEPTA-3
242	1140hrs	LONG JUMP	(5m APPROACH)	BOYS-16	PENTA-2
243	1155hrs	100m		BOYS - 18	HEATS
244	1220hrs	100m		WOMEN	HEATS
245	1225hrs	100m		JR WOMEN (GIRLS 20)	HEATS
246	1230hrs	100m		GIRLS 18	HEATS
247	1230hrs	LONG JUMP	(5m APPROACH)	GIRLS-16	PENTA-2
248	1230hrs	SHOTPUT	Women- 4kg	HEPTATHLON WOMEN	HEPTA-3
249	1230hrs	SHOTPUT	Jr women GIRLS - 20 (4kg)	HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-3
250	1230hrs	SHOTPUT	Girls - 18 (3kg)	HEPTATHLON GIRLS-18	HEPTA-3
1300 HRS {LUNCH}					
251	1400hrs	80m HURDLE	Boys 16 – 0.838 m, (07 Flight)	PENTATHLON (BOYS - 16)	PENTA - 3
252	1400hrs	JAVELIN THROW	800 gm.	DECATHLON MEN	DECA - 9
253	1400hrs	JAVELIN THROW	800 gm.	DECATHLON JR MEN (BOYS - 20)	DECA - 9
254	1400hrs	SHOTPUT	1kg BACK THROW	TRIATHLON BOYS - 14	TRIATHLON B
255	1425hrs	80m HURDLE	Girls 16 - 0.762m (08 flight)	PENTATHLON (GIRLS - 16)	PENTA-3
256	1435hrs	100m		MEN	FINAL
257	1440hrs	100m		JR MEN (BOYS-20)	FINAL
258	1445hrs	100m		BOYS - 18	FINAL
259	1450hrs	100m		WOMEN	FINAL
260	1455hrs	100m		JR WOMEN (GIRLS 20)	FINAL
261	1500hrs	SHOTPUT	1kg BACK THROW	TRIATHLON GIRLS-14	TRIATHLON B
262	1500hrs	100m		GIRLS 18	FINAL
263	1500hrs	JAVELIN THROW	800 gm.	Men	FINAL
264	1505hrs	200m		HEPTATHLON BOYS-18	HEPTA-4
265	1515hrs	200m		HEPTATHLON WOMEN	HEPTA-4
266	1520hrs	200m		HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-4
267	1525hrs	200m		HEPTATHLON GIRLS-18	HEPTA-4
268	1530hrs	1500m		MEN	DECA-10
269	1530hrs	1500m		JR MEN (BOYS - 20)	DECA-10
270	1600hrs	JAVELIN THROW	800gm.	JR MEN (BOYS - 20)	FINAL

DELHI STATE OPEN ATHLETICS CHAMPIONSHIP{03-05 Apr 2026}**Jawaharlal Nehru Stadium, New Delhi****Order of Event {Version 1.2}****As on 30 Mar 2026****DAY-03 {05 April 2026}**

S.NO	TIME	EVENT	SPECIFICATIONS	GROUP	STATUS
301	0630hrs	5000m	Men - (17:00.00 Min)	MEN	FINAL
302	0700hrs	5000m	JR Men BOYS - 20 (18:00.00Min)	JR MEN (BOYS - 20)	FINAL
303	0715hrs	5000m	WOMEN - (23:00.00)	WOMEN	FINAL
304	0715hrs	5000m	Jr Women GIRLS - 20 (25:00.0min)	JR WOMEN (GIRLS - 20)	FINAL
305	0730hrs	KIDS JAVELIN	(5m APPROACH)	BOYS-14	FINAL
306	0740hrs	800m		MEN	TIME TRIAL/FINAL
307	0755hrs	800m		JR MEN (BOYS-20)	TIME TRIAL/FINAL
308	0800hrs	LONG JUMP		HEPTATHLON BOYS-18	HEPTA-5
309	0800hrs	SHOTPUT	3kg (STANDING)	GIRLS-16	FINAL
310	0810hrs	800m		WOMEN	TIME TRIAL/FINAL
311	0810hrs	HIGH JUMP	{SCISSORS}	BOYS-16	FINAL
312	0820hrs	800m		JR WOMEN(GIRLS- 20)	TIME TRIAL/FINAL
313	0825hrs	60m		BOYS-14	TRIATHLON - C
314	0830hrs	KIDS JAVELIN	(5m APPROACH)	GIRLS-14	FINAL
315	0840hrs	LONG JUMP		HEPTATHLON WOMEN	HEPTA-5
316	0840hrs	LONG JUMP		HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-5
317	0840hrs	LONG JUMP		HEPTATHLON GIRLS-18	HEPTA-5
318	0845hrs	60m		GIRLS-14	TRIATHLON - C
319	0900hrs	60m		BOYS -16	HEATS
320	0900hrs	SHOTPUT	4 KG (STANDING)	BOYS-16	FINAL
321	0930hrs	LONG JUMP	(5m APPROACH)	BOYS-14	TRIATHLON - C
322	0930hrs	HIGH JUMP	{SCISSORS}	GIRLS-16	FINAL
323	0935hrs	60m		GIRLS -16	HEATS
324	0945hrs	JAVELIN THROW	Boys - 18 (700gm)	HEPTATHLON BOYS-18	HEPTA-6
325	0950hrs	200m		MEN	HEATS
326	1000hrs	SHOTPUT	Boys 16 - 4 Kg (Standing)	PENTATHLON BOYS-16	PENTA-4
327	1025hrs	200m		JR MEN (Boys - 20)	HEATS
328	1030hrs	LONG JUMP	(5m APPROACH)	GIRLS -14	TRIATHLON - C
329	1040hrs	JAVELIN THROW	WOMEN (600gm)	HEPTATHLON WOMEN	HEPTA-6
330	1040hrs	JAVELIN THROW	JR WOMEN GIRLS - 20 (600gm)	HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-6
331	1040hrs	JAVELIN THROW	Girls - 18 (500gm)	HEPTATHLON GIRLS-18	HEPTA-6
332	1050hrs	200m		BOYS-18	HEATS
333	1100hrs	SHOTPUT	Girls 16 - 3kg (Standing)	PENTATHLON GIRLS-16	PENTA-4
334	1130hrs	200m		WOMEN	HEATS

335	1140hrs	200m		JR.WOMEN (GIRLS - 20)	HEATS
336	1150hrs	200m		GIRLS- 18	HEATS
337	1200hrs	400m(H)	0.914m	MEN	TIME TRIAL/FINAL
338	1200hrs	SHOTPUT	5kg	BOYS-18	FINAL
339	1210hrs	400m(H)	0.914m	JR MEN (BOYS-20)	TIME TRIAL/FINAL
340	1220hrs	400m(H)	0.762m	WOMEN	TIME TRIAL/FINAL
341	1230hrs	400m(H)	0.762m	JR WOMEN (GIRLS - 20)	TIME TRIAL/FINAL
1300 HRS {LUNCH}					
342	1400hrs	SHOTPUT	3kg	GIRLS-18	FINAL
343	1400hrs	LONG JUMP		GIRLS-18	FINAL
344	1400hrs	60m		BOYS - 16	FINAL
345	1405hrs	60m		GIRLS - 16	FINAL
346	1410hrs	200m		MEN	FINAL
347	1415hrs	200m		JR MEN (Boys - 20)	FINAL
348	1420hrs	200m		BOYS-18	FINAL
349	1425hrs	200m		WOMEN	FINAL
350	1430hrs	200m		JR.WOMEN (GIRLS - 20)	FINAL
351	1430hrs	SHOTPUT	7.26kg	MEN	FINAL
352	1435hrs	200m		GIRLS- 18	HEATS
353	1440hrs	600m		TRIATHLON BOYS-14	TRIATHLON C
354	1455hrs	600m		TRIATHLON GIRLS-14	TRIATHLON C
355	1500hrs	LONG JUMP		BOYS-18	FINAL
356	1505hrs	600m		PENTATHLON BOYS-16	PENTA-5
357	1520hrs	600m		PENTATHLON GIRLS-16	PENTA-5
358	1530hrs	1000m		HEPTATHLON BOYS-18	HEPTA-7
359	1530hrs	SHOTPUT	6kg	JR MEN (BOYS-20)	FINAL
360	1535hrs	1000M		HEPTATHLON GIRLS-18	HEPTA-7
361	1540hrs	800m		HEPTATHLON WOMEN	HEPTA-7
362	1540hrs	800m		HEPTATHLON JR WOMEN (GIRLS- 20)	HEPTA-7
363	1550hrs	3000mSC	0.914M	MEN	FINAL
364	1605hrs	3000mSC	0.914M	JR MEN (BOYS - 20)	FINAL
365	1610hrs	SHOTPUT	4 kg	WOMEN	FINAL
366	1610hrs	SHOTPUT	4 kg	JR WOMEN (GIRLS - 20)	FINAL
367	1620hrs	3000mSC	0.762 M	WOMEN	FINAL
368	1620hrs	3000mSC	0.762 M	JR WOMEN (GIRLS - 20)	FINAL