



DAY 1 (7th JAN 2020)

TRACK EVENTS

FIELD EVENTS

TIME	EVENT	CATEGORY	ROUND	TIME	EVENT	CATEGORY	ROUND
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10.00AM

OPENING CEREMONY

10:30 AM	2000M	JUNIOR BOYS	FINAL	10:30 AM	TRIPLE JUMP	COLLEGE GIRLS	FINAL
				10:30 AM	SHOT PUT	SUB JUNIOR BOYS	FINAL
10:45 AM	2000M	JUNIOR GIRLS	FINAL				
11:00 AM	600M	SUB JUNIOR BOYS	FINAL				
11:15 AM	800M	COLLEGE GIRLS	FINAL	11:15 AM	SHOT PUT	COLLEGE GIRLS	FINAL
11:30 AM	800M	COLLEGE BOYS	FINAL				
11:45 AM	400M	SUB JUNIOR GIRLS	FINAL	11:45 AM	TRIPLE JUMP	SENIOR GIRLS	FINAL
12:00 PM	400M	JUNIOR BOYS	FINAL	12:00 PM	HIGH JUMP	JUNIOR BOYS	FINAL
12:15 PM	400M	JUNIOR GIRLS	FINAL	12:15 PM	SHOT PUT	COLLEGE BOYS	FINAL
12:30 PM	400M	SENIOR BOYS	FINAL				
12:45 PM	400M	SENIOR GIRLS	FINAL				

LUNCH SESSION (1:00 PM to 1:45 PM)

1:45 PM	200M	JUNIOR GIRLS	FINAL	1:45 PM	SHOT PUT	JUNIOR GIRLS	FINAL
				1:45 PM	TRIPLE JUMP	COLLEGE BOYS	FINAL
2:00 PM	200M	JUNIOR BOYS	FINAL	2:00 PM	HIGH JUMP	SUB JUNIOR BOYS	FINAL
2:15 PM	100M	SUB JUNIOR BOYS	FINAL				
2:30 PM	100M	COLLEGE BOYS	FINAL				
2:45 PM	100M	COLLEGE GIRLS	FINAL	2:45 PM	SHOT PUT	SENIOR BOYS	FINAL
3:00 PM	4 X 100M RELAY	JUNIOR BOYS	FINAL	3:00 PM	TRIPLE JUMP	SENIOR BOYS	FINAL
3:15 PM	4 X 100M RELAY	JUNIOR GIRLS	FINAL				
3:30 PM	4 X 100M RELAY	SENIOR BOYS	FINAL				
3:45 PM	4 X 100M RELAY	SENIOR GIRLS	FINAL				
4:00 PM	4 X 400M RELAY	COLLEGE BOYS	FINAL				
4:15 PM	4 X 400M RELAY	COLLEGE GIRLS	FINAL				

*Subject To Change



DAY 2 (8th JAN 2020)

TRACK EVENTS				FIELD EVENTS			
TIME	EVENT	CATEGORY	ROUND	TIME	EVENT	CATEGORY	ROUND
8:30 AM	5000M	SENIOR BOYS	FINAL				
9:00 AM	5000M	SENIOR GIRLS	FINAL	9:00 AM	HIGH JUMP	JUNIOR GIRLS	FINAL
9:30 AM	1500M	COLLEGE BOYS	FINAL	9:30 AM	LONG JUMP	JUNIOR BOYS	FINAL
9:45 AM	1500M	COLLEGE GIRLS	FINAL				
10:00 AM	800M	SENIOR BOYS	FINAL	10:00 AM	HIGH JUMP	SUB JUNIOR GIRLS	FINAL
				10:00 AM	JAVELIN THROW	SENIOR GIRLS	FINAL
10:15 AM	800M	SENIOR GIRLS	FINAL				
10:30 AM	800M	JUNIOR BOYS	FINAL				
10:45 AM	800M	JUNIOR GIRLS	FINAL	10:45 AM	LONG JUMP	COLLEGE GIRLS	FINAL
11:00 AM	200M	SUB JUNIOR BOYS	FINAL	11:00 AM	HIGH JUMP	SENIOR BOYS	FINAL
11:15 AM	200M	SUB JUNIOR GIRLS	FINAL				
11:30 AM	200M	COLLEGE BOYS	FINAL	11:30 AM	SHOT PUT	SENIOR GIRLS	FINAL
11:45 AM	200M	COLLEGE GIRLS	FINAL				
12:00 PM	100M	SENIOR BOYS	FINAL	12:00 PM	HIGH JUMP	SENIOR GIRLS	FINAL
				12:00 PM	LONG JUMP	JUNIOR GIRLS	FINAL
12:15 PM	100M	SENIOR GIRLS	FINAL				
12:45 PM	100M HURDLES	COLLEGE GIRLS	FINAL				

LUNCH SESSION (1:00 PM to 1:45 PM)

1:45 PM	110M HURDLES	JUNIOR BOYS	FINAL	1:45 PM	HIGH JUMP	COLLEGE BOYS	FINAL
				1:45 PM	LONG JUMP	SENIOR GIRLS	FINAL
2:00 PM	110M HURDLES	COLLEGE BOYS	FINAL	2:00 PM	JAVELIN THROW	COLLEGE GIRLS	FINAL
2:15 PM	110M HURDLES	SENIOR BOYS	FINAL				
2:30 PM	4 X 100M RELAY	SUB JUNIOR GIRLS	FINAL				
2:45 PM	4 X 100M RELAY	COLLEGE BOYS	FINAL				
3:00 PM	4 X 100M RELAY	COLLEGE GIRLS	FINAL	3:00 PM	LONG JUMP	SUB JUNIOR GIRLS	FINAL
				3:00 PM	JAVELIN THROW	COLLEGE BOYS	FINAL
				3:00 PM	HIGH JUMP	COLLEGE GIRLS	FINAL
3:15 PM	4 X 400M RELAY	SENIOR GIRLS	FINAL				
3:30 PM	4 X 400M RELAY	SENIOR BOYS	FINAL				



DAY 3 (9th JAN 2020)

TRACK EVENTS				FIELD EVENTS			
TIME	EVENT	CATEGORY	ROUND	TIME	EVENT	CATEGORY	ROUND
9:00 AM	5000M	COLLEGE BOYS	FINAL	9:00 AM	JAVELIN THROW	JUNIOR BOYS	FINAL
				9:00 AM	LONG JUMP	COLLEGE BOYS	FINAL
9:30 AM	5000M	COLLEGE GIRLS	FINAL				
10:00 AM	1500M	SENIOR BOYS	FINAL	10:00 AM	LONG JUMP	SENIOR BOYS	FINAL
10:15 AM	1500M	SENIOR GIRLS	FINAL				
10:30 AM	600M	SUB JUNIOR GIRLS	FINAL				
10:45 AM	400M	SUB JUNIOR BOYS	FINAL				
11:00 AM	400M	COLLEGE BOYS	FINAL	11:00 AM	SHOT PUT	JUNIOR BOYS	FINAL
11:15 AM	400M	COLLEGE GIRLS	FINAL				
11:45 AM	100M HURDLES	JUNIOR GIRLS	FINAL				
12:00 PM	100M HURDLES	SENIOR GIRLS	FINAL				

LUNCH SESSION (12:30 PM to 1:00 PM)

				1:00 PM	JAVELIN THROW	SENIOR BOYS	FINAL
				1:00 PM	LONG JUMP	SUB JUNIOR BOYS	FINAL
1:30 PM	4 X 100M RELAY	SUB JUNIOR BOYS	FINAL				
1:45 PM	4 X 400M RELAY	JUNIOR BOYS	FINAL				
2:00 PM	4 X 400M RELAY	JUNIOR GIRLS	FINAL				
2:15 PM	200M	SENIOR BOYS	FINAL	2:15 PM	SHOT PUT	SUB JUNIOR GIRLS	FINAL
				2:15 PM	JAVELIN THROW	JUNIOR GIRLS	FINAL
2:30 PM	200M	SENIOR GIRLS	FINAL				
2:45 PM	100M	SUB JUNIOR GIRLS	FINAL				
3:00 PM	100M	JUNIOR BOYS	FINAL				
3:15 PM	100M	JUNIOR GIRLS	FINAL				

CLOSING CEREMONY (4:00 PM)