



ATHLETICS ASSOCIATION OF SRI LANKA

Junior National Championships

30th 31st May 01st 02th June 2019

Sugathadasa Stadium - Colombo

Order of Events

Day 01 – Thursday , 30 th May 2019				
101	07.30	10000m Race Walk	Boys U 18	Final
102	07.30	10000m Race Walk	Boys U 20	Final
103	07.30	10000m Race Walk	Boys U 23	Final
104	08.30	10000m Race Walk	Girls U 20	Final
105	08.30	10000m Race Walk	Girls U 23	Final
106	08.30	Hammer Throw	Girls U 18	Final
107	08.30	Hammer Throw	Girls U 20	Final
108	09.30	Hammer Throw	Girls U 23	Final
109	09.30	5000m Race Walk	Girls U 18	Final
110	10.15	3000m Race Walk	Boys U 16	Final
111	10.15	3000m Race Walk	Girls U 16	Final
112	10.30	Hammer Throw	Boys U 18	Final
113	10.30	Hammer Throw	Boys U 20	Final
114	10.30	Hammer Throw	Boys U 23	Final
Day 2- Friday, 31 st May 2019				
Event No.		Event	Age Group	
201	09.00	Pole Vault	Girls U 20	Final
202	09.00	Pole Vault	Girls U 23	Final
203	09.00	High Jump	Girls U 18	Final
204	09.00	Long Jump	Boys U 16	Final
205	09.00	Shot Put	Girls U 16	Final
206	09.00	Discus Throw	Boys U 18	Final
207	08.30	800m	Girls U 16	Heats
208	08.45	800m	Girls U 18	Heats
209	09.00	800m	Girls U 20	Heats
210	09.10	800m	Girls U 23	Heats
211	09.20	800m	Boys U 16	Heats
212	09.40	800m	Boys U 18	Heats
213	10.00	800m	Boys U 20	Heats
214	10.15	800m	Boys U 23	Heats
215	11.00	High Jump	Girls U 20	Final
216	11.00	Long Jump	Boys U 20	Final
217	11.00	Shot Put	Girls U 18	Final
218	11.00	Discus Throw	Boys U 16	Final
219	10.25	200m	Girls U 16	Heats
220	10.55	200m	Girls U 18	Heats
221	11.15	200m	Girls U 20	Heats
222	11.30	200m	Girls U 23	Heats
223	11.40	200m	Boys U16	Heats
224	12.10	200m	Boys U18	Heats
225	12.30	200m	Boys U20	Heats
226	12.50	200m	Boys U23	Heats
227	13.00	High Jump	Girls U 23	Final
228	13.00	Long Jump	Boys U 18	Final
229	13.00	Shot Put	Girls U 20	Final

230	13.00	Discus Throw	Boys U 23	Final
231	13.00	Javelin Throw	Girls U 16	Final
Lunch Break				
232	13.30	400m Hurdles	Girls U 18	Heats
233	13.40	400m Hurdles	Girls U 20	Heats
234	13.50	400m Hurdles	Girls U 23	Heats
235	14.00	400m Hurdles	Boys U 18	Heats
236	14.10	400m Hurdles	Boys U 20	Heats
237	14.20	400m Hurdles	Boys U 23	Heats
238	14.30	Pole Vault	Girls U 18	Final
239	14.30	800m	Girls U 16	Final
240	14.35	800m	Girls U 18	Final
241	14.40	800m	Girls U 20	Final
242	14.45	800m	Girls U 23	Final
243	14.50	800m	Boys U 16	Final
244	14.55	800m	Boys U 18	Final
245	15.00	800m	Boys U 20	Final
246	15.05	800m	Boys U 23	Final
247	15.00	High Jump	Girls U 16	Final
248	15.00	Long Jump	Boys U 23	Final
249	15.00	Shot Put	Girls U 23	Final
250	15.00	Discus Throw	Boys U 20	Final
251	15.00	Javelin Throw	Girls U 18	Semi final
252	15.10	200m	Girls U 16	Semi final
253	15.20	200m	Girls U 18	Semi final
254	15.30	200m	Girls U 20	Semi final
255	15.40	200m	Girls U 23	Final
256	15.50	200m	Boys U16	Semi final
257	16.00	200m	Boys U18	Semi final
258	16.10	200m	Boys U20	Semi final
259	16.20	200m	Boys U23	Semi final
260	16.30	2000m Steeple Chase	Girls U 18	Final
261	16.45	2000m Steeple Chase	Boys U18	Final
262	17.00	5000m	Girls U 20	Final
263	17.00	5000m	Girls U 23	Final
264	17.30	10000m	Boys U 23	Final
Day 3, Saturday - 1st June, 2019				
301	07.30	10000m	Girls U 20	Final
302	07.30	10000m	Girls U 23	Final
303	08.30	5000m	Boys U 20	Final
304	08.30	Pole Vault	Boys U 20	Final
305	08.30	Pole Vault	Boys U 23	Final
306	08.30	High Jump	Boys U 16	Final
307	08.30	Long Jump	Girls U 20	Final
308	08.30	Shot Put	Boys U 18	Final
309	08.30	Discus Throw	Girls U 16	Final
310	09.00	400m Hurdles	Girls U 18	Final
311	09.05	400m Hurdles	Girls U 20	Final

312	09.10	400m Hurdles	Girls	U 23	Final
313	09.15	400m Hurdles	Boys	U 18	Final
314	09.20	400m Hurdles	Boys	U 20	Final
315	09.25	400m Hurdles	Boys	U 23	Final
316	09.30	200m	Girls	U 16	Final
317	09.35	200m	Girls	U 18	Final
318	09.40	200m	Girls	U 20	Final
319	09.45	200m	Boys	U 16	Final
320	09.50	200m	Boys	U 18	Final
321	09.55	200m	Boys	U 20	Final
322	10.00	200m	Boys	U 23	Final
323	10.30	High Jump	Boys	U 18	Final
324	10.30	Long Jump	Girls	U 18	Final
325	10.30	Shot Put	Boys	U 16	Final
326	10.30	Discus Throw	Girls	U 23	Final
327	10.40	1500m	Girls	U 18	Heats
328	10.50	1500m	Girls	U 20	Heats
329	11.00	1500m	Girls	U 23	Heats
330	11.10	1500m	Boys	U 18	Heats
331	11.20	1500m	Boys	U 20	Heats
332	11.30	1500m	Boys	U 23	Heats
333	11.30	Long Jump	Girls	U 18	Final
334	12.30	100m Hurdles	Girls	U 16	Heats
335	12.45	100m Hurdles	Girls	U 18	Heats
336	12.55	100m Hurdles	Girls	U 20	Heats
Lunch Break					
337	13.00	High Jump	Boys	U 20	Final
338	13.00	Long Jump	Girls	U 16	Final
339	13.00	Shot Put	Boys	U 23	Final
340	13.00	Discus Throw	Girls	U 18	Final
341	13.00	Javelin Throw	Boys	U 16	Final
342	13.10	100m Hurdles	Girls	U 23	Heats
343	13.30	100m Hurdles	Boys	U 16	Heats
344	13.45	110m Hurdles	Boys	U 18	Heats
345	14.00	110m Hurdles	Boys	U 20	Heats
346	14.15	110m Hurdles	Boys	U 23	Heats
347	14.30	400m	Girls	U 16	Heats
348	14.50	400m	Girls	U 18	Heats
349	15.00	High Jump	Boys	U 23	Final
350	15.00	Long Jump	Girls	U 23	Final
351	15.00	Shot Put	Boys	U 20	Final
352	15.00	Discus Throw	Girls	U 20	Final
353	15.00	Javelin Throw	Boys	U 18	Final
354	15.10	400m	Girls	U 20	Heats
355	15.30	400m	Girls	U 23	Heats
356	15.40	400m	Boys	U 16	Heats
357	16.00	400m	Boys	U 18	Heats
358	16.20	400m	Boys	U 20	Heats
359	16.40	400m	Boys	U 23	Heats
360	17.00	3000m Steeple Chase	Boys	U 20	Final
361	17.00	3000m Steeple Chase	Boys	U 23	Final
362	17.15	3000m Steeple Chase	Girls	U 20	Final
363	17.15	3000m Steeple Chase	Girls	U 23	Final
364	17.30	5000m	Boys	U 23	Final
365	17.50	10000m	Boys	U 20	Final

Day 04 - Sunday, 2nd June 2019

401	07.30	3000 m	Boys	U 18	Final
402	07.45	3000 m	Girls	U 18	Final
403	08.30	Pole vault	Boys	U 18	Final
404	08.30	Triple Jump	Girls	U 18	Final
405	08.30	Javelin Throw	Girls	U 20	Final
406	08.00	100m	Girls	U 16	Heats
407	08.30	100m	Girls	U 18	Heats
408	08.50	100m	Girls	U 20	Heats
409	09.05	100m	Girls	U 23	Heats
410	09.15	100m	Boys	U 16	Heats
411	09.45	100m	Boys	U 18	Heats
412	10.05	100m	Boys	U 20	Heats
413	10.20	100m	Boys	U 23	Heats
414	10.30	Triple Jump	Boys	U 20	Final
415	10.30	Triple Jump	Boys	U 23	Final
416	10.30	Javelin Throw	Boys	U 20	Final
417	10.30	400m	Girls	U 16	Semi Finals
418	10.40	400m	Girls	U 18	Semi Finals
419	10.50	400m	Girls	U 20	Semi Finals
420	11.00	400m	Girls	U 23	Semi Finals
421	11.10	400m	Boys	U 16	Semi Finals
422	11.20	400m	Boys	U 18	Semi Finals
423	11.30	400m	Boys	U 20	Semi Finals
424	11.40	400m	Boys	U 23	Semi Finals
425	11.50	100m	Girls	U 16	Semi Finals
426	12.00	100m	Girls	U 18	Semi Finals
427	12.10	100m	Girls	U 20	Semi Finals
428	12.20	100m	Girls	U 23	Semi Finals
429	12.30	100m	Boys	U 16	Semi Finals
430	12.40	100m	Boys	U 18	Semi Finals
431	12.50	100m	Boys	U 20	Semi Finals
432	13.00	100m	Boys	U 23	Semi Finals
Lunch Break					
433	13.00	Javelin Throw	Girls	U 20	Final
434	13.00	Javelin Throw	Girls	U 23	Final
435	13.00	Triple Jump	Girls	U 20	Final
436	13.00	Triple Jump	Girls	U 23	Final
437	13.30	100m Hurdles	Girls	U 16	Final
438	13.35	100m Hurdles	Girls	U 18	Final
439	13.45	100m Hurdles	Girls	U 20	Final
440	13.50	100m Hurdles	Girls	U 23	Final
441	13.55	100m Hurdles	Boys	U 16	Final
442	14.10	110m Hurdles	Boys	U 18	Final
443	14.20	110m Hurdles	Boys	U 20	Final
444	14.30	110m Hurdles	Boys	U 23	Final
445	14.40	400m	Girls	U 16	Final
446	14.45	400m	Girls	U 18	Final
447	14.50	400m	Girls	U 20	Final
448	14.55	400m	Girls	U 23	Final
449	15.00	400m	Boys	U16	Final
450	15.00	Triple Jump	Boys	U 16	Final
451	15.00	Triple Jump	Boys	U 18	Final
452	15.00	Javelin Throw	Boys	U 23	Final
453	15.10	400m	Boys	U 18	Final
454	15.15	400m	Boys	U 20	Final
455	15.20	400m	Boys	U 23	Final
456	15.25	1500m	Girls	U 18	Final
457	15.30	1500m	Girls	U 20	Final
458	15.40	1500m	Girls	U 23	Final
459	15.50	1500m	Boys	U 18	Final
460	16.00	1500m	Boys	U 20	Final
461	16.10	1500m	Boys	U 23	Final
462	16.20	100m	Girls	U 16	Final
463	16.25	100m	Girls	U 18	Final
464	16.30	100m	Girls	U 20	Final
465	16.35	100m	Girls	U 23	Final
466	16.40	100m	Boys	U 16	Final
467	16.45	100m	Boys	U 18	Final
468	16.50	100m	Boys	U 20	Final
469	16.55	100m	Boys	U 23	Final