

23rd Federation Cup National Senior Athletics Championship 2019**NSNIS - PATIALA****15th - 18th March 2019****COMPETITION SCHEDULE**

Note: Provisional Time Table. Likely to change, depending on the number of participants & climatic condition (Version 1.1)

Updated as on 09 March 2019 at 18:30 hrs

Day One - 15th March 2019 (FRIDAY)

Event No	Time	Event	Men/Women	Round
101	08.00 hrs	Long Jump	Women	Q.Round
102	08.10 hrs	800 m	Men	Heats
103	08.15 hrs	Shot Put	Men	Q. Round
104	08.25 hrs	800 m	Women	Heats
105	08.40 hrs	100 m	Men	Decathlon-1
106	08.50 hrs	Triple Jump	Men	Q.Round
107	09.10 hrs	200 m	Men	Heats
108	09.30 hrs	200 m	Women	Heats
109	09.30 hrs	Long Jump	Men	Decathlon-2
110	09.40 hrs	Javelin Throw	Men	Q.Round
111	09.50 hrs	400 m Hurdles	Men	Heats
112	10.10 hrs	400 m Hurdles	Women	Heats
113	10.15 hrs	Shot Put	Men	Decathlon-3
BREAK				
114	15.00 hrs	High Jump	Men	Decathlon-4
115	15.00 hrs	400 m Hurdles	Women	Semi Final
116	15.05 hrs	Discus Throw	Women	Final
117	15.30 hrs	400 m Hurdles	Men	Semi Final
118	15.50 hrs	200 m	Women	Semi Final
119	16.00 hrs	Pole Vault	Men	Final
120	16.10 hrs	200 m	Men	Semi Final
121	16.15 hrs	High Jump	Women	Final
122	16.30 hrs	Hammer Throw	Women	Final
123	17.15 hrs	400 m	Men	Decathlon-5
124	17.30 hrs	5000 m	Women	Final
125	17.50 hrs	5000 m	Men	Final

Day Two - 16th March 2019 (SATURDAY)

Event No	Time	Event	Men/Women	Round
201	08.00 hrs	Discus Throw	Men	Q.Round
202	08.15 hrs	110 m Hurdles	Men	Decathlon-6
203	08.30 hrs	High Jump	Men	Q.Round
204	09.30 hrs	Discus Throw	Men	Decathlon-7
205	10.30 hrs	Pole Vault	Men	Decathlon-8
BREAK				
206	15.00 hrs	Javelin Throw	Men	Decathlon-9
207	15.10 hrs	400 m Hurdles	Men	Final
208	15.20 hrs	Triple Jump	Men	Final
209	15.30 hrs	400 m Hurdles	Women	Final
210	15.45 hrs	200 m	Men	Final
211	16.00 hrs	Shot Put	Men	Final
212	16.10 hrs	200 m	Women	Final
213	16.20 hrs	Javelin Throw	Men	Final
214	16.40 hrs	Long Jump	Women	Final
215	17.00 hrs	800 m	Men	Final
216	17.15 hrs	800 m	Women	Final
217	17.30 hrs	1500 m	Men	Decathlon-10

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Event No	Time	Event	Men/Women	Round
301	08.00 hrs	1500 m	Women	Heats
302	08.10 hrs	100 m Hurdles	Women	Heptathlon-1
303	08.30 hrs	1500 m	Men	Heats
304	08.30 hrs	Hammer Throw	Men	Q.Round
305	08.45 hrs	100 m Hurdles	Men	Heats
306	09.20 hrs	100 m	Women	Heats
307	09.25 hrs	High Jump	Women	Heptathlon-2
308	09.40 hrs	400 m	Women	Heats
309	09.50 hrs	Long Jump	Men	Q.Round
310	10.00 hrs	400 m	Men	Heats
311	10.30 hrs	100 m Hurdles	Women	Heats
312	11.00 hrs	110 m Hurdles	Men	Heats
BREAK				
313	15.00 hrs	Javelin Throw	Women	Final
314	15.00 hrs	110 m Hurdles	Men	Semi Final
315	15.10 hrs	Triple Jump	Women	Final
316	15.15 hrs	Shot Put	Women	Heptathlon-3
317	15.20 hrs	Pole Vault	Women	Final
318	15.30 hrs	100 m Hurdles	Women	Semi Final
319	15.45 hrs	100 m	Men	Semi Final
320	16.00 hrs	100 m	Women	Semi Final
321	16.15 hrs	Discus Throw	Men	Final
322	16.20 hrs	High Jump	Men	Final
323	16.25 hrs	400 m	Women	Semi Final
324	16.40 hrs	400 m	Men	Semi Final
325	17.00 hrs	200 m	Women	Heptathlon-4
326	17.15 hrs	10000 m	Men	Final
327	18.00 hrs	10000 m	Women	Final

Day Four - 18th March 2019 (MONDAY)

Event No	Time	Event	Men/Women	Round
401	08.00 hrs	Long Jump	Women	Heptathlon-5
402	09.00 hrs	Javelin Throw	Women	Heptathlon-6
BREAK				
403	15.00 hrs	100 m Hurdles	Women	Final
404	15.10 hrs	Shot Put	Women	Final
405	15.15 hrs	Hammer Throw	Men	Final
406	15.20 hrs	Long Jump	Men	Final
407	15.30 hrs	110 m Hurdles	Men	Final
408	15.45 hrs	100 m	Women	Final
409	16.00 hrs	100 m	Men	Final
410	16.10 hrs	400 m	Women	Final
411	16.20 hrs	400 m	Men	Final
412	16.30 hrs	1500 m	Women	Final
413	16.45 hrs	1500 m	Men	Final
414	17.00 hrs	800 m	Women	Heptathlon-7
415	17.15 hrs	3000 m Steeple Chase	Women	Final
416	17.30 hrs	3000 m Steeple Chase	Men	Final