

ATHLETICS ASSOCIATION OF SRI LANKA
96th NATIONAL ATHLETICS CHAMPIONSHIPS – 2018
3rd, 4th & 5th AUGUST 2018 @ SUGATHADASA STADIUM – COLOMBO

Day 1 - 03rd August ,2018

101	0730	3000 M St Ch.	Women	Final
102	0745	5000 M	MEN	Heats
103	0800	Javelin Throw	Men	Qualification Ro. A
104	0820	100M Hurdles	Women	Heptathlon 01
105	0830	100M Hurdles	Women	Heats
106	0845	110 M Hurdles	Men	Heats
107	0900	Javelin Throw	Men	Qualification Ro .B
108	0900	100 M	Men	Decathlon 01
109	0915	100 M	Women	Heats
110	0930	100 M	Men	Heats
111	1000	Discus Throw	Men	Final
112	1000	Long Jump	Men	Decathlon 2
113	1000	1500 M	Men	Heats
114	1015	400 M	Women	Heats
115	1030	400 M	Men	Heats
116	1030	High Jump	Women	Heptathlon 2
117	1100	Long Jump	Women	Final
118	1100	Shot Put	Men	Decathlon 3

Lunch Interval

119	1400	High Jump	Men	Decathlon 4
120	1400	Shot Put	Women	Heptathlon 3
121	1400	Long Jump	Men	Qualification Ro.A
122	1400	Hammer Throw	Women	Final
123	1500	400 M Hurdles	Women	Heats
124	1515	400 M Hurdles	Men	Heats
125	1530	Long Jump	Men	Qualification Ro.B
126	1530	Shot Put	Men	Final
127	1540	100 M	Men	Semi Final
128	1600	400 M	Men	Decathlon 5
129	1615	400 M	Men	Semi Final
130	1630	200 m	Women	Heptathlon 4
131	1645	3000 M St Ch.	Men	Heats
132	1730	10000 M	Women	Final

Day 2 – 04th August ,2018

201	0700	10000 M	Men	Final
202	0800	Javelin Throw	Women	Final
203	0800	Pole Vault	Women	Final
204	0800	110 M Hurdles	Men	Decathlon 6
205	0810	110 M Hurdles	Men	Semi Final
206	0820	1500 M	Women	Final
207	0830	1500 M	Men	Final
208	0840	100 M	Women	Final

209	0850	100 M	Men	Final
210	0850	Discus Throw	Men	Decathlon 7
211	0910	Long Jump	Women	Heptathlon 5
212	0910	400M	Women	Final
213	0920	400M	Men	Final
214	1100	Pole Vault	Men	Decathlon 8
215	1100	Javelin Throw	Women	Heptathlon 6

Lunch Interval

216	1500	Triple Jump	Men	Final
217	1500	Javelin Throw	Men	Decathlon 9
218	1500	High Jump	Men	Final
219	1500	400 M Hurdles	Men	Semi Final
220	1530	Discus Throw	Women	Final
221	1530	200 M	Women	Heats
222	1545	200M	Men	Heats
223	1610	800 M	Women	Heptathlon 7
224	1620	800 M	Women	Heats
225	1630	800 M	Men	Heats
226	1650	1500 M	Men	Decathlon 10
228	1710	3000 M St Ch.	Men	Final

Day 3 - 05th August 2018

301	0730	5000 M	Women	Final
302	0800	Pole Vault	Men	Final
303	0800	Shot Put	Women	Final
304	0800	100 M Hurdles	Women	Final
305	0815	110 M Hurdles	Men	Final
306	0830	Hammer Throw	Men	Final
307	0830	Triple Jump	Women	Final
308	0830	800 M	Men	Semi Final
309	0845	200 M	Men	Semi Final

Lunch Interval

310	1500	Javelin Throw	Men	Final
311	1500	High Jump	Women	Final
312	1500	Long Jump	Men	Final
313	1545	400 M Hurdles	Women	Final
314	1600	400 M Hurdles	Men	Final
315	1620	200 M	Women	Final
316	1630	200 M	Men	Final
317	1640	800 M	Women	Final
318	1650	800 M	Men	Final
319	1700	5000 M	Men	Final

