



SRI LANKA ATHLETICS

National Trials

on 07, 08 & 09 April 2021



Order of Events

Day 01 (07th April)

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Event No	Event	Category	Round	First Call	Final Call	Leading to venue	Start Time
101	10,000m	Men	Final	0635	0640	0650	0700
102	3000m Steeple Ch.	Women	Final	0745	0750	0800	0745
103	3000m Steeple Ch.	Men	Final	0730	0735	0745	0800
104	Long Jump	Junior Men	Final	0715	0720	0730	0800
105	400m	Junior Women	Heats	0750	0755	0805	0815
106	400m	Junior Men	Heats	0805	0810	0820	0830
107	400m	Women	Heats	0820	0825	0835	0845
108	400m	Men	Heats	0835	0840	0850	0900
109	High Jump	Women & Junior Women	Final	0805	0810	0820	0900
110	Shot Put	Women	Final	0815	0820	0830	0900
111	Javelin	Men	Final	0815	0930	0830	0930
112	100m	Junior Women	Heats	0915	0920	0930	0945
113	100m	Junior Men	Heats	0930	0935	0945	1000
114	100m	Women	Heats	0945	0950	1000	1015
115	100m	Men	Heats	1000	1005	1015	1030
116	Long Jump	Women	Final	0945	0950	1000	1030
Lunch Interval							
117	High Jump	Junior Men	Final	1430	1435	1445	1515
118	100m	Junior Women	Final	1445	1450	1500	1515
119	100m	Junior Men	Final	1450	1455	1505	1520
120	Long Jump	Men	Final	1445	1450	1500	1530
121	Shot Put	Men	Final	1445	1450	1500	1530
122	Javelin	Women & Junior Women	Final	1445	1450	1500	1530
123	100m	Women	Final	1500	1505	1515	1530
124	100m	Men	Final	1510	1515	1525	1540
125	400m	Junior Women	Final	1530	1535	1545	1555
126	400m	Junior Men	Final	1540	1545	1555	1605
127	400m	Women	Final	1550	1555	1605	1615
128	400m	Men	Final	1600	1605	1615	1625
129	1500m	Women	Final	1605	1610	1620	1635
130 a	1500m a	Men	Final - 1	1615	1620	1630	1645
130 b	1500m b	Men	Final - 2	1625	1630	1640	1655
131	10,000m	Men	Final	1625	1630	1640	1710

Event No	Event	Category	Round	First Call	Final Call	Leading to venue	Start Time
201	Pole Vault	Women	Final	0615	0620	0630	0730
202	100m Hurdles	Women	Heats	0715	0720	0730	0745
203	Discus	Women	Final	0715	0720	0730	0800
204	Long Jump	Junior Women	Final	0715	0720	0730	0800
205	110m Hurdles	Junior Men	Heats	0730	0735	0745	0800
206	110m Hurdles	Men	Heats	0750	0755	0805	0820
207	800m	Women	Heats	0810	0815	0825	0835
208	800m	Men	Heats	0825	0830	0840	0850
209	High Jump	Men	Final	0835	0840	0850	0900
210	800m	Junior Men	Heats	0845	0850	0900	0910
211	Discus	Men	Final	0845	0850	0900	0930
212	200m	Women	Heats	0905	0910	0920	0930
213	200m	Men	Heats	0920	0925	0935	0945
214	Triple Jump	Junior Men	Final	0915	0920	0930	1000
215	400m Hurdles	Women	Heats	0945	0950	1000	1010
216	400m Hurdles	Junior Men	Heats	1000	1005	1015	1025
217	400m Hurdles	Men	Heats	1015	1020	1030	1040

Day 03 (08th April)

Event No	Event	Category	Round	First Call	Final Call	Leading to venue	Start Time
301	5,000m	Women	Final	0630	0635	0645	0700
302	5,000m	Men	Final	0655	0700	0710	0725
303	Pole Vault	Men	Final	0645	0650	0700	0800
304	Hammer	Women	Final	0715	0720	0730	0800
305	Triple Jump	Women & Junior Women	Final	0715	0720	0730	0800
306	100m Hurdles	Junior Women	Final	0730	0735	0745	0800
307	100m Hurdles	Women	Final	0740	0745	0755	0810
308	110m Hurdles	Junior Men	Final	0755	0800	0810	0825
309	110m Hurdles	Men	Final	0815	0820	0830	0840
310	800m	Women	Final	0835	0840	0850	0900
311	800m	Men	Final	0845	0850	0900	0910
312	800m	Junior Women	Final	0820	0825	0835	0920
313	800m	Junior Men	Final	0905	0910	0920	0930
314	Hammer	Men	Final	0845	0850	0900	0930
315	200m	Women	Final	0920	0925	0935	0945
316	200m	Men	Final	0830	0935	0945	0955
317	Triple Jump	Men	Final	0915	0920	0930	1000
318	400m Hurdles	Women	Final	0950	0955	1005	1015
319	400m Hurdles	Women	Final	1000	1005	1015	1025
320	400m Hurdles	Men	Final	0915	0920	0930	1040
321	400m Hurdles	Men	Final	0925	0930	0940	1050
322	Javelin	Junior Men	Final	1015	1020	1030	1100