



Singapore National Track & Field Championships 2023
17, 18, 19, 24, 25, & 26 Mar 2023
Home of Athletics

FRIDAY 17 MAR 2023				
Time	Event No.	Event	Round	Category
6.00PM	8	Shot Put	Final	Boys U20
6.00PM	5	Shot Put	Final	Men Open
6.00PM	15	Long Jump	Final	Girls U20
6.00PM	10	3000m	Timed Finals	Girls U18
6.15PM	4	3000m	Timed Finals	Girls U20
6.30PM	13	5000m	Timed Finals	Boys U20
7.00PM	16	5000m	Timed Finals	Men Open
7.30PM	6	Long Jump	Final	Women Open

*this is a tentative schedule and the events may be moved to a different day due to scheduling conflicts if necessary

SATURDAY 18 MAR 2023				
Time	Event No.	Event	Round	Category
8.30AM	12	Javelin	Final	Girls U15
8.30AM	13	Shot Put	Final	Boys U15
8.30AM	20	High Jump	Final	Boys U18
8.30AM	7	10000m Race Walk	Timed Finals	Men Open
9.25AM	7	1500m Race Walk	Timed Finals	Girls U15
9.40AM	6	1500m Race Walk	Timed Finals	Boys U15
10.00AM	47	100m	Heats	Girls U15
10.25AM	42	100m	Heats	Boys U15
10.30AM	9	Javelin	Final	Boys U20
10.30AM	6	Shot Put	Final	Girls U20
10.30AM	16	High Jump	Final	Girls U15
10.50AM	56	100m	Heats	Girls U18
11.20AM	60	100m	Heats	Boys U18

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SATURDAY 18 MAR 2023				
Time	Event No.	Event	Round	Category
2.00PM	25	Shot Put	Final	Boys U18
2.00PM	22	Javelin	Final	Girls U18
2.00PM	21	100m	Heats	Girls U20
2.10PM	30	100m	Heats	Boys U20
2.25PM	30	100m	Heats	Men Open
2.30PM	16	High Jump	Final	Boys U15
2.45PM	32	400m	Heats	Girls U15
3.00PM	30	400m	Heats	Boys U15
3.15PM	36	400m	Heats	Girls U18
3.35PM	48	400m	Heats	Boys U18
4.00PM	20	400m	Heats	Boys U20
4.10PM	17	400m	Heats	Women Open
4.15PM	6	Javelin	Final	Girls U20
4.20PM	13	400m	Heats	Men Open
4.30PM	19	High Jump	Final	Girls U18
4.30PM	8	100m	Final	Girls U15
4.35PM	8	100m	Final	Boys U15
4.40PM	8	100m	Final	Girls U18
4.45PM	8	100m	Final	Boys U18
4.50PM	8	100m	Final	Girls U20
4.55PM	8	100m	Final	Boys U20
5.00PM	8	100m	Final	Women Open
5.05PM	8	100m	Final	Men Open
5.15PM	26	1500m	Timed Finals	Girls U15
5.30PM	30	Long Jump	Final	Girls U15
5.30PM	3	Shot Put	Final	Women Open
5.30PM	30	1500m	Timed Finals	Girls U18
5.45PM	13	1500m	Timed Finals	Girls U20
5.55PM	19	1500m	Timed Finals	Boys U15
6.05PM	30	1500m	Timed Finals	Boys U18
6.25PM	19	1500m	Timed Finals	Boys U20
7.30PM	2	10000m	Final	Women Open

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SUNDAY 19 MAR 2023				
Time	Event No.	Event	Round	Category
8.30AM	18	Discus	Final	Girls U18
8.30AM	12	Triple Jump	Final	Boys U15
8.30AM	2	Pole Vault	Final	Girls U15
8.30AM	36	200m	Heats	Girls U15
8.50AM	38	200m	Heats	Boys U15
9.00AM	6	Pole Vault	Final	Girls U18
9.00AM	9	Pole Vault	Final	Girls U20
9.10AM	58	200m	Heats	Girls U18
9.35AM	50	200m	Heats	Boys U18
10.00AM	15	200m	Heats	Girls U20
10.10AM	24	200m	Heats	Boys U20
10.25AM	19	200m	Heats	Men Open
10.30AM	11	Triple Jump	Final	Girls U20
10.45AM	10	Discus	Final	Boys U20
10.45AM	2	110m Hurdles (1.067m)	Heats	Men Open
10.50AM	10	110m Hurdles (0.991m)	Heats	Boys U20
11.10AM	16	110m Hurdles (0.914m)	Heats	Boys U18
11.20AM	2	100m Hurdles (0.838m)	Heats	Women Open
11.30AM	16	100m Hurdles (0.838m)	Heats	Boys U15
11.45AM	12	100m Hurdles (0.762m)	Heats	Girls U18
12.00PM	18	80m Hurdles (0.762m)	Heats	Girls U15

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SUNDAY 19 MAR 2023				
Time	Event No.	Event	Round	Category
2.00PM	9	Discus	Final	Girls U15
2.00PM	22	Triple Jump	Final	Girls U18
2.00PM	8	80m Hurdles (0.762m)	Final	Girls U15
2.10PM	8	100m Hurdles (0.762m)	Final	Girls U18
2.20PM	8	100m Hurdles (0.838m)	Final	Boys U15
2.30PM	6	100m Hurdles (0.838m)	Final	Girls U20
2.30PM	17	Pole Vault	Final	Boys U18
2.45PM	8	110m Hurdles (0.914m)	Final	Boys U18
2.55PM	8	110m Hurdles (0.991m)	Final	Boys U20
3.25PM	8	200m	Final	Girls U15
3.30PM	8	200m	Final	Boys U15
3.35PM	8	200m	Final	Girls U18
3.40PM	8	200m	Final	Boys U18
3.45PM	26	Discus	Final	Boys U18
3.45PM	8	200m	Final	Girls U20
3.50PM	8	200m	Final	Boys U20
3.55PM	7	200m	Final	Women Open
4.00PM	8	200m	Final	Men Open
4.00PM	1	400m Hurdles (0.914m)	Heats	Men Open

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SUNDAY 19 MAR 2023				
Time	Event No.	Event	Round	Category
4.25PM	20	400m Hurdles (0.838m)	Heats	Boys U18
4.30PM	19	Triple Jump	Final	Boys U18
4.45PM	11	400m Hurdles (0.762m)	Heats	Girls U18
4.55PM	17	200m Hurdles (0.762m)	Heats	Boys U15
5.05PM	12	200m Hurdles (0.762m)	Heats	Girls U15
5.30PM	7	Pole Vault	Final	Boys U20
5.30PM	13	1500m Race Walk	Timed Finals	Girls U18
5.50PM	10	3000m Race Walk	Timed Finals	Boys U18
6.20PM	38	800m	Timed Finals	Girls U15
6.45PM	11	Triple Jump	Final	Boys U20
6.45PM	24	800m	Timed Finals	Boys U15
6.55PM	36	800m	Timed Finals	Girls U18
7.10PM	30	800m	Timed Finals	Boys U18
7.20PM	11	800m	Timed Finals	Girls U20
7.25PM	16	800m	Timed Finals	Boys U20
7.35PM	15	800m	Heats	Men Open
8.00PM	6	3000m steeplechase (0.914m)	Timed Finals	Men Open
	0	3000m steeplechase (0.762m)	Timed Finals	Women Open

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FRIDAY 24 MAR 2023				
Time	Event No.	Event	Round	Category
6.00PM	16	Long Jump	Final	Boys U20
6.00PM	20	Shot Put	Final	Girls U18
6.00PM	9	3000m Race Walk	Timed Finals	Girls U20
6.30PM	5	5000m Race Walk	Timed Finals	Boys U20
7.10PM	8	5000m	Timed Finals	Women Open
7.35PM	8	800m	Final	Women Open
7.40PM	12	800m	Final	Men Open
7.45PM	8	10000m	Timed Finals	Men Open
8.00PM	1	Discus	Final	Women Open
8.00PM	10	Long Jump	Final	Men Open
8.00PM	5	Discus	Final	Girls U20

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SATURDAY 25 MAR 2022				
Time	Event No.	Event	Round	Category
8.30AM	31	Long Jump	Final	Girls U18
8.30AM	13	Shot Put	Final	Girls U15
8.30AM	2	High Jump	Final	Women Open
8.30AM	1	3000m	Timed Finals	Girls U15
8.50AM	4	3000m	Timed Finals	Boys U15
9.05AM	12	3000m	Timed Finals	Boys U18
9.35AM	1	400m Hurdles (0.914m)	Final	Men Open

9.35AM	6	400m Hurdles (0.914m)	Final	Boys U20
9.50AM	8	400m Hurdles (0.838m)	Final	Boys U18
10.05AM	6	400m Hurdles (0.762m)	Final	Women Open
10.20AM	3	400m Hurdles (0.762m)	Final	Girls U20
10.40AM	8	High Jump	Final	Girls U20
10.40AM	8	400m Hurdles (0.762m)	Final	Girls U18
10.45AM	26	Long Jump	Final	Boys U15
10.50AM	8	200m Hurdles (0.762m)	Final	Boys U15
11.00AM	8	200m Hurdles (0.762m)	Final	Girls U15
11.30AM	5	Javelin Throw	Final	Women Open

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SATURDAY 25 MAR 2022				
Time	Event No.	Event	Round	Category
2.00PM	1	High Jump	Final	Men Open
2.00PM	10	High Jump	Final	Boys U20
2.00PM	17	Javelin	Final	Boys U15
3.00PM	9	4x100m	Heats	Girls U15
3.20PM	11	4x100m	Heats	Boys U15
3.40PM	9	4x100m	Heats	Girls U18
4.00PM	12	4x100m	Heats	Boys U18
4.00PM	1	4x100m	Heats	Women Open
4.00PM	21	Javelin	Final	Boys U18
4.20PM	8	400m	Final	Girls U15
4.25PM	8	400m	Final	Boys U15
4.30PM	8	400m	Final	Girls U18
4.35PM	8	400m	Final	Boys U18
4.40PM	6	400m	Final	Girls U20
4.45PM	8	400m	Final	Boys U20
4.50PM	8	400m	Final	Men Open
4.55PM	8	400m	Final	Women Open
5.00PM	30	Long Jump	Final	Boys U18
5.20PM	3	3000m steeplechase (0.914m)	Timed Finals	Boys U20
5.45PM	3	2000m Steeplechase (0.838m)	Timed Finals	Boys U18
5.40PM	2	2000m Steeplechase (0.762m)	Timed Finals	Girls U20
6.00PM	2	2000m Steeplechase (0.762m)	Timed Finals	Girls U18
6.10PM	4	10000m Race Walk	Timed Finals	Women Open
6.30PM	3	Javelin Throw	Final	Men Open
7.20PM	6	1500m	Final	Women Open
7.25PM	16	1500m	Final	Men Open

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SUNDAY 26 MAR 2022				
Time	Event No.	Event	Round	Category
8.30AM	3	Hammer Throw	Final	Men Open
8.30AM	0	Hammer Throw	Final	Women Open
8.30AM	11	Triple Jump	Final	Girls U15
8.30AM	1	Triple Jump	Final	Women Open
9.00AM	9	Pole Vault	Final	Boys U15
9.30AM	13	Discus	Final	Boys U15
10.00AM	10	4 x 400m	Heats	Boys U18
10.30AM	5	Triple Jump	Final	Men Open
11.30AM	5	Discus	Final	Men Open

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SUNDAY 26 MAR 2022				
Time	Event No.	Event	Round	Category
2.00PM	8	4x100m	Final	Girls U15
2.10PM	8	4x100m	Final	Boys U15
2.20PM	8	4x100m	Final	Girls U18
2.30PM	8	Pole Vault	Final	Men Open
2.30PM	8	4x100m	Final	Boys U18
2.45PM	4	4x100m	Final	Girls U20
3.00PM	6	4x100m	Final	Boys U20
3.00PM	2	4x100m	Final	Women Open
3.15PM	3	4x100m	Final	Men Open
3.30PM	4	4 x 400m	Final	Girls U15
3.45PM	7	4 x 400m	Final	Boys U15
4.00PM	7	4 x 400m	Final	Girls U18
4.15PM	8	4 x 400m	Final	Boys U18
4.30PM	2	4 x 400m	Final	Girls U20
4.30PM	6	Pole Vault	Final	Women Open
4.30PM	5	4 x 400m	Final	Boys U20
5.00PM	1	4 x 400m	Final	Women Open
5.10PM	1	4 x 400m	Final	Men Open

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