

GA!S X FLASH ATHLETICS 2018

					Track			Field		
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status
1	Saturday	28-Jul	8.30AM	Home of Athletics	Youth Pentathlon	Girls U8	Final			
			8.30AM		Youth Pentathlon	Boys U8	Final			
			9.15AM		Youth Pentathlon	Girls U10	Final			
			9.15AM		Youth Pentathlon	Boys U10	Final			
			10.00AM		Youth Pentathlon	Girls U12	Final			
			10.00AM		Youth Pentathlon	Boys U12	Final			
			11.00AM		Victory Ceremony					
					Track			Field		
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status
1	Saturday	28-Jul	2.00PM	Home of Athletics	100m	Women Masters (35 - 70+)	Timed Finals	Shot Put	Women Masters (35 - 65+)	Final
			2.30PM		100m	Men Masters (35 - 70+)	Timed Finals			
			3.00PM		Victory Ceremony					
			3.30PM		400m	Women Masters (35 - 70+)	Timed Finals			
			3.50PM		400m	Men Masters (35 - 70+)	Timed Finals			
			4.10PM		Victory Ceremony					
			4.30PM		1500m	Women Masters (35 - 70+)	Timed Finals			
			4.45PM		1500m	Men Masters (35 - 70+)	Timed Finals	Shot Put	Men Masters (35 - 65+)	Final
			5.00PM		Victory Ceremony					
			5.20PM		3000m Racewalk	Women Masters (35 - 70+)	Timed Finals			
			5.40PM		3000m Racewalk	Men Masters (35 - 70+)	Timed Finals			
			6.30PM		Victory Ceremony					

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No.	Day	Date	Time	Venue	Track			Field						
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status				
2	Sunday	29-Jul	8.30AM	Home of Athletics	800m	Women Open (II)	Final	Long Jump	Men U20	Final				
			8.40AM		800m	Women Open (D)	Final	Shot Put	Women Open	Final				
			8.50AM		800m	Women U20	Timed Finals	Pole Vault	Women Open	Final				
			9.00AM		800m	Women Open	Timed Finals							
			9.10AM		800m	Men Open (II)	Final							
			9.20AM		800m	Men Open (D)	Final							
			9.30AM		800m	Men U20	Timed Finals							
			9.40AM		800m	Men Open	Timed Finals							
			9.50AM		Victory Ceremony									
			10.00AM									Shot Put	Men Open	Final
			10.10AM		200m	Women U20	Heats	Long Jump	Women U20	Final				
			10.25AM		200m	Women Open	Heats							
			10.40AM		200m	Men U20	Heats							
			10.55AM		200m	Men Open	Heats							
			11.00AM		Victory Ceremony									
			No.		Day	Date	Time	Venue	Track			Field		
No.	Day	Date	Time	Venue	Event	Category	Status	Event	Category	Status				
2	Sunday	29-Jul	2.00PM	Home of Athletics	200m	Women U20	Final	Long Jump	Men Open	Final				
			2.05PM		200m	Women Open	Final	Shot Put	Women U20	Final				
			2.10PM		200m	Men U20	Final	Discus	Women Open	Final				
			2.20PM		200m	Men Open	Final	Pole Vault	Men Open	Final				
			2.30PM		Victory Ceremony									
			2.50PM		100m	Women U20	Heats							
			3.00PM		100m	Women Open	Heats							
			3.10PM		100m	Women Corp.	Heats							
			3.20PM		100m	Men U20	Heats	Discus	Men Open	Final				
			3.35PM		100m	Men Open	Heats	Long Jump	Women Open	Final				
			3.50PM		100m	Men Corp.	Heats	Shot Put	Men U20	Final				
			4.00PM		Victory Ceremony									
			4.20PM		1500m Racewalk	Women U20	Final							
			4.40PM		1500m Racewalk	Men U20	Final							
			4.50PM		3000m Racewalk	Women Open	Final							
			5.20PM		3000m Racewalk	Men Open	Final							
5.45PM	400m	Women U20	Heats											
5.55PM	400m	Women Open	Heats											

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		6.10PM	400m	Men U20	Heats	
		6.20PM	400m	Men Open	Heats	
		6.30PM	Victory Ceremony			

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No.	Day	Date	Time	Venue	Track			Field					
					Event	Category	Status	Event	Category	Status			
3	Saturday	4-Aug	8.30AM	Bishan Stadium	1500m	Women U20	Timed Finals	High Jump	Women Open	Final			
			8.35AM		1500m	Women Open	Timed Finals	Javelin	Men Open	Final			
			8.40AM		1500m	Women Corp.	Timed Finals	Triple Jump	Women Open	Final			
			8.45AM		1500m	Men U20	Timed Finals						
			8.50AM		1500m	Men Open	Timed Finals						
			8.55AM		1500m	Men Corp.	Timed Finals						
			9.00AM		Victory Ceremony								
			9.20AM		100m	Women Open (VI)	Final						
			9.25AM		100m	Women Open (PI Stand)	Final						
			9.30AM		100m	Women Open (PI Wheelchair)	Final						
			9.35AM		100m	Women Open (D)	Final						
			9.40AM		100m	Women U20	Final						
			9.45AM		100m	Women Open	Final						
			9.50AM		100m	Men Open (VI)	Final						
			9.55AM		100m	Men Open (PI Stand)	Final						
			10.00AM		100m	Men Open (PI Wheelchair)	Final						
			10.05AM		100m	Men Open (D)	Final						
			10.10AM		100m	Men U20	Final						
			10.15AM		100m	Men Open	Final						
			10.20AM		Victory Ceremony								
			10.45AM		400m	Women Open (II)	Final						
			10.50AM		400m	Women Open (D)	Final						
			10.55AM		400m	Women U20	Final						
			11.00AM		400m	Women Open	Final						
			11.05AM		400m	Men Open (II)	Final						
			11.10AM		400m	Men Open (D)	Final						
			11.15AM		400m	Men U20	Final						
			11.20AM		400m	Men Open	Final						
11.25AM	Victory Ceremony												

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No.	Day	Date	Time	Venue	Track			Field						
					Event	Category	Status	Event	Category	Status				
3	Saturday	4-Aug	1.30PM	Bishan Stadium	4x800m	Girls U10	Timed Finals							
			1.45PM		4x800m	Boys U10	Timed Finals							
			2.00PM		4x800m	Girls U12	Timed Finals							
			2.15PM		4x800m	Boys U12	Timed Finals							
			2.30PM		4x800m	Women U20	Timed Finals	High Jump	Men Open	Final				
			2.45PM		4x800m	Men U20	Timed Finals	Javelin	Women Open	Final				
			3.00PM		4x800m	Women Open	Timed Finals	Triple Jump	Men Open	Final				
			3.15PM		4x800m	Men Open	Timed Finals							
			3.30PM		4x800m	Women Masters	Timed Finals							
			3.45PM		4x800m	Men Masters	Timed Finals							
			4.00PM		Victory Ceremony									
			4.25PM		Inter-Gen Medley	Women	Final							
			4.35PM		Inter-Gen Medley	Men	Final							
			4.45PM		4x100m	Women Open	Heats							
			4.55PM		4x100m	Men Open	Heats							
			5.00PM		Victory Ceremony									
			No.		Day	Date	Time	Venue	Track			Field		
Event	Category	Status		Event					Category	Status				
3	Saturday	4-Aug	6.00PM		100m	Women Int'l	Heats	High Jump	Women Int'l	Final				
			6.10PM		100m	Men Int'l	Heats	Javelin	Women Int'l	Final				
			6.20PM		400m Hurdles	Women Int'l	Final							
			6.30PM		400m Hurdles	Men Int'l	Final							
			6.40PM		10x80m Shuttle Relay	Girls U12	Final							
			6.50PM		10x80m Shuttle Relay	Boys U12	Final							
			7.00PM		Victory Ceremony									
			7.20PM		100m	Women Int'l	Final	High Jump	Men Int'l	Final				
			7.30PM		100m	Men Int'l	Final	Javelin	Men Int'l	Final				
			7.40PM		1500m	Women Int'l	Final							
			7.50PM		1500m	Men Int'l	Final							
			8.00PM		Victory Ceremony									
			8.10PM		4x100m	Women Open	Final							
			8.20PM		4x100m	Men Open	Final							
			8.30PM		4x100m	Women Int'l	Final							
			8.40PM		4x100m	Men Int'l	Final							
			8.50PM		Victory Ceremony									

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No.	Day	Date	Time	Venue	Track			Field				
					Event	Category	Status	Event	Category	Status		
4	Sunday	5-Aug	8.30AM	Bishan Stadium	4x100m	Girls U10	Heats					
			8.45AM		4x100m	Boys U10	Heats					
			9.00AM		4x100m	Girls U12	Heats					
			9.00AM		4x100m	Boys U12	Heats					
			9.10AM		4x100m	Women U20	Heats					
			9.30AM		4x100m	Men U20	Heats					
			9.45AM		4x100m	Women Open	Heats					
			10.00AM		4x100m	Men Open	Heats					
			10.10AM		4x100m	Women Corp.	Heats					
			10.20AM		4x100m	Men Corp.	Heats					
			10.30AM		4x100m	Women Masters	Heats					
			10.40AM		4x100m	Men Masters	Heats					
No.	Day	Date	Time	Venue	Track			Field				
					Event	Category	Status	Event	Category	Status		
4	Sunday	5-Aug	1.30PM		4x100m	Girls U10	Final					
			1.40PM		4x100m	Boys U10	Final					
			1.40PM		4x100m	Girls U12	Final					
			1.50PM		4x100m	Boys U12	Final					
			2.00PM		4x100m	Women U20	Final					
			2.05PM		4x100m	Men U20	Final					
			2.10PM		4x100m	Women Corp.	Final					
			2.10PM		4x100m	Men Corp.	Final					
			2.15PM		4x100m	Women Masters	Final					
			2.20PM		4x100m	Men Masters	Final					
			2.45PM		Victory Ceremony							
			3.00PM		4x400m	Girls U10	Timed Finals					
			3.10PM		4x400m	Boys U10	Timed Finals					
			3.20PM		4x400m	Girls U12	Timed Finals					
			3.30PM		4x400m	Boys U12	Timed Finals					
			3.40PM		4x400m	Women U20	Timed Finals					
			3.50PM		4x400m	Men U20	Timed Finals					
			4.00PM		4x400m	Women Open	Heats					
			4.10PM		4x400m	Men Open	Heats					
			4.20PM		4x400m	Women Corp.	Timed Finals					
			4.30PM		4x400m	Men Corp.	Timed Finals					
			4.40PM		4x400m	Women Masters	Timed Finals					
			4.50PM		4x400m	Men Masters	Timed Finals					
5.00PM	Victory Ceremony											

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No.	Day	Date	Time	Venue	Track			Field					
					Event	Category	Status	Event	Category	Status			
4	Sunday	5-Aug	6.00PM	Bishan Stadium	400m	Women Int'l	Heats	Pole Vault	Women Int'l	Final			
			6.10PM		400m	Men Int'l	Heats	Long Jump	Women Int'l	Final			
			6.20PM		100m Hurdles	Women Int'l	Heats						
			6.30PM		110m Hurdles	Men Int'l	Heats						
			6.40PM		Parent/ Child 8x30m Shuttle Relay	Mixed U10	Final						
			6.50PM		Parent/ Child 8x30m Shuttle Relay	Mixed U12	Final						
			7.00PM		400m	Women Int'l	Final						
			7.10PM		400m	Men Int'l	Final						
			7.15PM		Victory Ceremony								
			7.30PM		100m Hurdles	Women Int'l	Final	Pole Vault	Men Int'l	Final			
			7.40PM		110m Hurdles	Men Int'l	Final	Long Jump	Men Int'l	Final			
			7.50PM		5000m	Men Int'l	Final						
			8.15AM		4x400m	Women Open	Final						
			8.25AM		4x400m	Men Open	Final						
			8.35PM		4x400m	Women Int'l	Final						
			8.45PM		4x400m	Men Int'l	Final						
			8.50PM		Victory Ceremony								