

MAF NATIONAL ATHLETICS CHAMPIONSHIPS 2021 SCHEDULE

DAY ONE – 18 December 2021

Event No	Time	Events	Category	Round
101	7.30am	10000m Walk	Women	Final
102	7.30am	10000m Walk	Men	Final
103	8.15am	Javelin Throw	Men	Final
104	9.00am	100m	Women	S/Final
105	9.00am	Long Jump	Women	Final
106	9.10am	Hammer Throw	Men	Final
107	9.15am	Pole Vault	Men	Final
108	9.25am	100m	Men	S/Final
109	9.45am	800m	Women	Final
110	10.00 am	800m	Men	Final
10.05 am Victory Ceremony For Event No 101 ,102 and 103				
111	10.05am	Javelin Throw	Women	Final
112	10.20am	400m Hurdles	Women	S/Final
113	10.40am	400m Hurdles	Men	S/Final
11.00am Victory Ceremony For Event No 105, 106, 109 and 110				
BREAK				
114	2.45pm	Pole Vault	Women	Final
115	2.50pm	400m Hurdles	Men	Final
116	3.00pm	400m Hurdles	Women	Final
3.10pm Victory Ceremony For Event No 107 and 111				
117	3.20pm	Hammer Throw	Women	Final
118	3.25pm	100m	Women	Final
119	3.30pm	Long Jump	Men	Final
120	3.35pm	100m	Men	Final
121	3.40pm	Shot put	Men	Final
122	3.50pm	1500m	Women	Final
123	4.00pm	1500m	Men	Final
124	4.25pm	10000m	Women	Final
125	4.25pm	10000m	Men	Final
4.35pm Victory Ceremony For Event No 115, 116, 118 and 120				
5.10pm Victory Ceremony For Event No 114 117,119 and 121				
126	5.50pm	4 x400m Relay	Men	Final
127	6.00pm	4 x400m Relay	Women	Final
6.10pm Victory Ceremony For Event No 122, 123,124,125,126 and 127				

DAY TWO – 19 December 2021

Event No	Time	Events	Category	Round
201	7.30am	20000m walk	Women	Final
202	7.30 am	20000m walk	Men	Final
203	8.15am	Discus Throw	Men	Final
204	8.30am	Triple Jump	Women	Final
205	8.50am	High Jump	Men	Final
206	9.30am	200m	Women	S/Final
207	9.50am	200m	Men	S/Final
208	9.50am	Discus Throw	Women	Final
10.00am Victory Ceremony For Event No 201,202 , 203 and 204				
209	10.15am	400m	Women	S/Final
210	10.30am	400m	Men	S/Final
211	10.45am	2X2X400m	Men/Women	Final
11.00am Victory Ceremony For Event No 205 and 208				
212	11.25am	100m Hurdles	Women	S/Final
213	11.35am	110m Hurdles	Men	S/Final
11.40am Victory Ceremony For Event No 211				
BREAK				
214	2.45pm	High Jump	Women	Final
215	2.45pm	Triple Jump	Men	Final
216	2.50pm	110m Hurdles	Men	Final
217	3.00pm	100m Hurdles	Women	Final
218	3.10pm	Shot put	Women	Final
219	3.15pm	400m	Women	Final
220	3.25pm	400m	Men	Final
221	3.35pm	200m	Women	Final
222	3.45pm	200m	Men	Final
3.50pm Victory Ceremony For Event No 216, 217,219, and 220				
223	4.10pm	3,000m Steeplechase	Women	Final
224	4.35pm	3,000m Steeplechase	Men	Final
4.50pm Victory Ceremony For Event No 214,215,221 and 222				
225	5.15pm	5000m	Women	Final
226	5.15pm	5000m	Men	Final
5.25pm Victory Ceremony For Event No 218, 223 and 224				
227	5.55pm	4x100m Relay	Women	Final
228	6.10pm	4x100m Relay	Men	Final
6.20pm Victory Ceremony For Event No 225 ,226,227 and 228				