

AFN/CROSS RIVERS STATE ALL NIGERIA ATHLETICS CHAMPIONSHIPS  
(World Championships Trials)

Day 1 Wednesday 19th June

8.00am	20km Walk Race	Women	Final
8.05am	20km Walk Race	Men	Final
8.20am	10,000m	Men	Final
9.00am	Javelin	Women	Final
9.10am	100m Hurdles	Women	Heptathlon
	<b>Victory Ceremony</b>		
10.00am	100m	Women	Qualification
10.00am	High Jump	Women	Heptathlon
10.00am	Shot Put	Men	Final
10.30am	100m	Men	Heats
11.30am	Shot Put	Women	Final
	<b>Victory Ceremony</b>		

AFTERNOON

1.00pm	Entertainment period		
2.00pm	Shot put	Women	Heptathlon
2.10pm	100m Hurdles	Women	Heats
2.40pm	110m Hurdles	Men	Heats
3.00pm	<b>NATIONAL ANTHEM</b>		
3.00pm	400m	Women	Heats
3.30pm	400m	Men	Heats
4.00pm	200m	Women	Heptathlon
4.00pm	Discus	Women	Final
4.00pm	Triple Jump	Women	Final
	<b>Victory Ceremony</b>		
4.20pm	100m	Women	Semi Final
4.45pm	5,000m	Women	Final
5.10pm	1,500m	Women	Heats
5.30pm	1,500m	Men	Heats
5,45pm	100m	Women	Final
	<b>Victory Ceremony</b>		

Day 2 Thursday 20th June

9.05am	Long Jump	Women	Heptathlon
9.10am	400m Hurdles	Women	Heats
9.30am	400m Hurdles	Men	Heats
9.50am	200m	Women	Heats
10.00am	Javelin	Women	Heptathlon
10.15am	5,000m	Men	Final
10.30am	100m	Men	Decathlon
10.40am	800m	Women	Heats

11.00am	800m	Men	Heats
11.10am	400meters	Women	Semi-final
11.20am	400meters	Men	Semi-final
	<b>Victory Ceremony</b>		
11.20am	4x100m	Women	Heats
11.30am	Long Jump	Men	Decathlon
11.40am	4x100m	Men	Heats

AFTERNOON

2.00pm	Hammer	Men	Final
2.05pm	Triple Jump	Men	Final
2.10pm	100m Hurdles	Women	Final
2.20pm	110m Hurdles	Men	Final
2.30pm	800m	Women	Heptathlon
2.40pm	Shot Put	Men	Decathlon
2.50pm	400m	Women	Final
	<b>Victory Ceremony</b>		
3.00pm	<b>NATIONAL ANTHEM</b>		
3.00pm	400m	Men	Final
3.20pm	100m	Men	Semi-Final
3.30pm	High Jump	Men	Decathlon
3.30pm	1,500m	Women	Final
3.40pm	1,500m	Men	Final
3.40pm	Javelin	Men	Final
3.50pm	10,000m	Women	Final
	<b>Victory Ceremony</b>		
4.20pm	100m	Men	Final
4.40pm	4x100m(Sec.Sch.)	Girls	Heats
5.00pm	4x100m(Sec.Sch.)	Boys	Heats
5.30pm	200m	Men	Heats

Day 3 Friday 21st June

7.00am	Half Marathon	Women	Final
7.15am	Half Marathon	Men	Final
9.00am	Pole vault	Women	Final
9.00am	110m Hurdles	Men	Decathlon
	<b>Victory Ceremony</b>		
9.45am	Pole Vault	Men	Final
9.50am	Discus	Men	Decathlon
10.00am	High Jump	Women	Final
10.20am	200m	Women	Semi-Final
10.30am	200m	Men	Semi-Final
	<b>Victory Ceremony</b>		
10.40am	Pole vault	Men	Decathlon

AFTERNOON

1.00pm	Entertainment Period		
2.00pm	4x100m (sec,school)	Girls	Final
2.00pm	Long Jump	Men	Final
2.05pm	High Jump	Men	Final
2.10pm	Javelin	Men	Decathlon
2.10pm	4x100m (sec,school)	Boys	Final
2.15pm	Discus	Men	Final
2.20pm	200m	Women	Final
2.25pm	200m	Men	Final
2.35pm	400m Hurdles	Women	Final
	<b>Victory Ceremony</b>		
2.45pm	400m Hurdles	Men	Final
	Victory Ceremony		
3.00pm	<b>NATIONAL ANTHEM</b>		
3.05pm	800m	Women	Final
3.10pm	800m	Men	Final
3.10pm	Hammer	Women	Final
3.15pm	1, 5000m	Men	Decathlon
3.25pm	Award Ceremony(NATO)		
4.15pm	Long Jump	Women	Final
	<b>Victory Ceremony</b>		
	<b>Victory Ceremony</b>		
4.15pm	3,000m Steeple Chase	Men	Final
4.30pm	Masters Race		
4.45pm	4x100m Relay International	Women	Final
4.55pm	4x100m Relay International	Men	Final
5.10pm	4x400m Relay International	Women	Final
5.20pm	4x400m Relay International	Men	Final
	<b>Victory Ceremony</b>		