

Competition Schedule

TIMING, RESULTS SERVICE &
DISTANCE MEASUREMENT BY



SAT 28 AUG 2021

Time	Event	Remark
14:08	100m Women	Regional
14:18	100m Men	Regional
14:30	High Jump Women	
14:36	1000m Men	Regional
14:46	400m Women	Regional
14:56	400m Men	Regional
15:04	LIFA Relays	Mixed
15:14	Discus Throw Women	
15:24	Pole Vault Men	
15:45	100m Men	
16:03	400m Hurdles Women	
16:14	200m Men	
16:18	Triple Jump Men	
16:21	3000m Women	
16:39	100m Women	
16:43	Javelin Throw Men	
16:55	800m Men	
17:05	400m Women	
17:22	100m Hurdles Women	
17:34	3000m Steeplechase Men	
17:53	110m Hurdles Men	