

JAAA NATIONAL JUNIOR & SENIOR Championships - 27/6/2024 to 30/6/2024

National Stadium

Day # 1 (Thursday)

Time	Event	Round
9:00 am	Men 20+ 100 Meter Dash SENIOR Qualification	Prelims
9:35 am	Decathlon Men 100 Meters Dash Open	Finals
10:00 am	Men 20+ 400 Meter SENIOR	Prelims
10:40 am	Girls 19 & Under 400 Meter Hurdles Under 20	Prelims
10:55 am	Boys 19 & Under 400 Meter Hurdles Under 20	Prelims
11:00 am	Decathlon Men Long Jump Open	Finals
	BREAK	
3:00 pm	Girls 19 & Under Javelin Throw Under 20	Finals
3:05 pm	Decathlon Men Shot Put Open	Finals
3:30 pm	Girls 19 & Under 800 Meter Run Under 20	Prelims
3:45 pm	Boys 19 & Under 800 Meter Run Under 20	Prelims
3:47 pm	Girls 19 & Under Triple Jump Under 20	Finals
4:00 pm	Women 20+ 800 Meter Run SENIOR	Prelims
4:15 pm	Men 20+ 800 Meter Run SENIOR	Prelims
4:30 pm	Girls 19 & Under Discus Throw Under 20	Finals
4:35 pm	Decathlon Men High Jump Open	Finals
5:00 pm	Men 20+ 5000 Meter Run SENIOR	Finals
5:02 pm	Women 20+ Long Jump SENIORS	Finals
5:30 pm	PRESENTATION	
5:50 pm	Women 20+ 400 Meter Hurdles SENIOR	Prelims
6:10 pm	Men 20+ 400 Meter Hurdles SENIOR	Prelims
6:45 pm	Decathlon Men 400m Dash Open	Finals
6:50 pm	Men 20 + 400 Meter Dash SENIOR	Semis
7:10 pm	Women 20+ High Jump SENIOR	Finals
7:25 pm	Girls 19 & Under 100 Meter Dash Under 20	Prelims
7:50 pm	Boys 19 & Under 100 Meter Dash Under 20	Prelims
8:10 pm	PRESENTATION	
8:20 pm	Women 20+ 100 Meter Dash SENIOR	Prelims

8:45 pm	Men 20+ 100 Meter Dash SENIOR	Prelims
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Day # 2 (Friday)

Time	Event	ROUND
9:30 am	Decathlon Men 110 Meter Hurdles Open	Finals
10:20 am	Girls 19 & Under 400 Meter Dash Under 20	Semi
10:35 am	Boys 19 & Under 400 Meter Under 20	Semi
11:00 am	Decathlon Men Discus Throw Open	Finals
	BREAK	
4:00 pm	Decathlon Men Pole Vault Open	Finals
4:01 pm	Boys 19 & Under Long Jump Under 20	Finals
4:02 pm	Boys 19 & Under Shot Put Under 20	Finals
5:10 pm	Girls 19 & Under 1500 Meter Run Under 20	Finals
5:17 pm	Boys 19 & Under 1500 Meter Run Under 20	Finals
5:25 pm	Women 20+ 1500 Meter Run SENIOR	Finals
5:32 pm	Men 20 + 1500 Meter Run SENIOR	Finals
5:40 pm	PRESENTATION	
6:00 pm	Opening Ceremony	
6:25 pm	Girls 19 & Under Shot Put Under 20	Finals
6:28 pm	Girls 19 & Under Long Jump Under 20	Finals
6:35 pm	Girls 19 & Under 400 Meter Hurdles Under 20	Finals
6:40 pm	Men 20+ High Jump SENIOR	Finals
6:45 pm	Boys 19 & Under 400 Meter Hurdles Under 20	Finals
6:55 pm	Women 20 + 400 Meter Hurdles SENIOR	Finals
7:00 pm	PRESENTATION	
7:05 pm	Men 20 + 400 Meter Hurdles SENIOR	Finals
7:10 pm	Women 20 + Discus Throw SENIOR	Finals
7:20 pm	Girls 19 & Under 100 Meter Dash Under 20	Semis
7:35 pm	Boys 19 & Under 100 Meter Dash Under 20	Semis
7:50 pm	Women 20 + 100 Meter Dash SENIOR	Semis
7:57 pm	Decathlon Men Javelin Throw Open	Finals
8:05 pm	Men 20+ 100 Meter Dash SENIOR	Semis
8:20 pm	PRESENTATION	

8:30 pm	Women 20 + 800 Meter Run SENIOR	Finals
8:40 pm	Men 20+ 800 Meter Run SENIOR	Finals
8:50 pm	Men 20 + 400 Meter Dash SENIOR	Finals
9:15 pm	Decathlon Men 1500 Meter Run Open	Finals
9:30 pm	Girls 19 & Under 100 Meter Dash Under 20	Finals
9:37 pm	Boys 19 & Under 100 Meter Dash Under 20	Finals
9:40 pm	PRESENTATION	
9:45 pm	Women 20 + 100 Meter Dash SENIOR	Finals
9:58 pm	Men 20 + 100 Meter Dash SENIOR	Finals
	PRESENTATION	

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Day # 3 (Saturday)

Time	Event	Round
9:10 am	Heptathlon Women 100 Hurdles Open	Finals
9:20 am	Men 20 + 200 Meter Dash SENIOR	Prelims
9:45 am	Boys 19 & Under 200 Meter Dash Under 20	Prelims
10:30 am	Heptathlon Women High Jump Open	Finals
	BREAK	
3:25 pm	Heptathlon Women Shot Put Open	Finals
3:35 pm	Girls 19 & Under High Jump Under 20	Finals
3:40 pm	Boys 19 & Under Discus Throw Under 20	Finals
4:00 pm	PRESENTATION	
4:10 pm	Women 20 + Triple Jump SENIOR	Finals
4:30 pm	Boys 19 & Under Pole Vault Under 20	Finals
4:32 pm	Men 20 + Pole Vault SENIOR	Finals
4:35 pm	Girls 19 & Under 200 Meter Dash Under 20	Semis
4:50 pm	Boys 19 & Under 200 Meter Dash Under 20	Semis
4:55 pm	Women 20 + Shot Put SENIOR	Finals
5:05 pm	Boys 19 & Under High Jump Under 20	Finals
5:15 pm	PRESENTATION	
5:25 pm	Women 20 + 200 Meter Dash SENIOR	Semis
5:40 pm	Men 20 + 200 Meter Dash SENIOR	Semis
5:45 pm	Men 20 + Long Jump SENIOR	Finals
5:50 pm	Men 20 + Discus Throw SENIOR	Finals
5:58 pm	Heptathlon Women 200 Meter Dash Open	Finals
6:10 pm	PRESENTATION	
6:15 pm	Girls 19 & Under 100 Meter Hurdles Under 20	Prelims
6:25 pm	Women 20 + 100 Meter Hurdles SENIOR	Prelims
6:40 pm	Boys 19 & Under 110 Meter Hurdles Under 20	Prelims
7:00 pm	Men 20 + 110 Meter Hurdles SENIOR	Prelims
7:30 pm	Women 20 + 400 Meter Dash SENIOR	Semis

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Day # 4 (Sunday)

Time	Event	Round
10:01 am	Women 20 + Hammer Throw SENIOR	Finals
11:00 am	Men 20 + Hammer Throw SENIOR	Finals
11:15 am	Heptathlon Women Long Jump Open	Finals
	BREAK	
3:50 pm	PRESENTATION	
4:00 pm	Men 20+ Triple Jump SENIOR	Finals
4:02 pm	Heptathlon Women Javelin Open	Finals
4:15 pm	PRESENTATION	
4:30 pm	Girls 19 & Under 800 Meter Run Under 20	Finals
4:40 pm	Boys 19 & Under 800 Meter Run Under 20	Finals
4:55 pm	Boys 19 & Under Javelin Throw Under 20	Finals
4:56 pm	Men 20 + Javelin Throw SENIOR	Finals
4:57 pm	PRESENTATION	
5:00 pm	Girls 19 & Under 400 Meter Dash Under 20	Finals
5:05 pm	Men 20 + Shot Put SENIOR	Finals
5:10 pm	Boys 19 & Under 400 Meter Dash Under 20	Finals
5:20 pm	Women 20 + 400 Meter Dash SENIOR	Finals
5:30 pm	Heptathlon Women 800 Meter Run Open	Finals
5:40 pm	PRESENTATION	
6:00 pm	Boys 19 & Under Triple Jump Under 20	Finals
6:07 pm	Girls 19 & Under 100 Meter Hurdles Under 20	Finals
6:12 pm	Women 20 + 100 Meter Hurdles SENIOR	Finals
6:27 pm	Boys 19 & Under 110 Meter Hurdles Under 20	Finals
6:30 pm	Women 20 + Javelin Throw SENIOR	Finals
6:34 pm	Men 20 + 110 Meter Hurdles SENIOR	Finals
6:36 pm	PRESENTATION	
7:11 pm	Girls 19 & Under 200 Meter Dash Under 20	Finals
7:18 pm	Boys 19 & Under 200 Meter Dash Under 20	Finals

7:25 pm	Women 20 + 200 Meter Dash SENIOR	Finals
7:32 pm	Men 20 + 200 Meter Dash SENIOR	Finals
7:50 pm	PRESENTATION	
8:05 pm	Men 4x400m Relay OPEN	Finals
	PRESENTATION	