

Date: 15-18 December 2012

Venue: Main Stadium, National Sports Complex Km16

Date	No	Time	Events	Category	Phase	Venue	
Dec 15 (Day 1)	101	9:00	Hammer Throw	Men	Final	Main Stadium, National Sport Complex	
	102	9:20	100 m	Women	Heat		
	103	9:35	100 m	Men	Heat		
	104	9:50	400 m	Women	Heat		
	105	10:10	400 m	Men	Heat		
	Rest						
	106	14:00	5,000 m	Men	Final		
	107	14:30	Javelin Throw	Women	Final		
	108	14:45	Triple Jump	Men	Final		
	109	15:00	100 m	Women	Final		
	110	15:15	100 m	Men	Final		
	111	15:30	400 m	Women	Final		
	112	15:45	400 m	Men	Final		
	Awards Ceremony after each Final						

Date	No	Time	Events	Category	Phase	Venue	
	201	9:00	Discus Throw	Women	Final		
	202	9:15	110 m Hurdles	Men	Heat		
	203	9:30	100 m Hurdles	Women	Heat		
	204	10:00	200 m	Women	Heat		
	205	10:30	200 m	Men	Heat		
	206	10:45	10,000 m	Women	Final		
	Rest						
	207	14:30	Triple Jump	Women	Final		

Dec 16 (Day 2)	208	14:30	High Jump	Men	Final	Main Stadium, National Sport Complex
	209	14:30	100 m Hurdles	Women	Final	
	210	14:45	110 m Hurdles	Men	Final	
	211	14:45	Shot Put	Men	Final	
	212	15:00	200 m	Women	Final	
	213	15:15	200 m	Men	Final	
	214	15:30	800 m	Women	Final	
	215	15:45	800 m	Men	Final	
	216	16:00	3000 m Steeplechase	Men	Final	
	Awards Ceremony after each Final					

Date	No	Time	Events	Category	Phase	Venue	
17-Dec (Day 3)	301	9:00	Hammer Throw	Women	Final	Main Stadium, National Sport Complex	
	302	9:30	3000 m Steeple Chase	Women	Final		
	303	10:00	4X100 m	Women	Heat		
	304	10:45	4X100 m	Men	Heat		
	305	11:00	400 m Hurdles	Women	Heat		
	306	11:15	400 m Hurdles	Men	Heat		
	Rest						
	307	14:30	High Jump	Women	Final		
	308	14:30	Long Jump	Men	Final		
	309	14:45	400 m Hurdles	Women	Final		
	310	15:00	400 m Hurdles	Men	Final		
	311	15:00	Javelin Throw	Men	Final		
	312	15:30	5,000 m	Women	Final		
	313	16:00	4X100 m	Women	Final		
314	16:15	4X100 m	Men	Final			
Awards Ceremony after each Final							

Awards Ceremony after each Final

Date	No	Time	Events	Category	Phase	Venue
Dec 18 (Day 4)	401	14:00	Discus Throw	Men	Final	Main Stadium, National Sport Complex
	402	14:00	Shot Put	Women	Final	
	403	15:15	1,500 m	Women	Final	
	404	15:30	1,500 m	Men	Final	
	405	15:30	Long Jump	Women	Final	
	406	16:00	10,000 m	Men	Final	
	407	16:45	4X400 m	Women	Final	
	408	17:00	4X400 m	Men	Final	
	Awards Ceremony after each Final					