

# 2019 Arafura Games

## Athletics Program

Saturday, 27 April 2019 | Day 1

Session 1 | 9:00am – 2:00pm

| Track   |                   |            |     | Field   |                       |            |     |
|---------|-------------------|------------|-----|---------|-----------------------|------------|-----|
| Time    | Event             | Heat/Final | M/F | Time    | Event                 | Heat/Final | M/F |
| 9:00am  | 100m              | Heats      | F   | 10:00am | Hammer                | Final      | M   |
| 9:15am  | 100m              | Heats      | M   | 10:00am | Shot Put (ambulant)   | Final      | F   |
| 9:30am  | 100 m/c           | Heats      | F   | 11:30am | Shot Put              | Final      | F   |
| 10:00am | 100m (wheelchair) | Heats      | F   | 1:00pm  | Shot Put (wheelchair) | Final      | F   |
| 10:30am | 100m (wheelchair) | Heats      | M   |         |                       |            |     |
| 11:00am | 100m (ambulant)   | Heats      | M   |         |                       |            |     |
| 11:30am | 400m              | Heats      | F   |         |                       |            |     |
| 11:45am | 400m              | Heats      | M   |         |                       |            |     |
| 12:00pm | 400m (ambulant)   | Heats      | F   |         |                       |            |     |
| 12:30pm | 400m (ambulant)   | Heats      | M   |         |                       |            |     |
| 1:00pm  | 400m (wheelchair) | Heats      | F   |         |                       |            |     |
| 1:30pm  | 400m (wheelchair) | Heats      | M   |         |                       |            |     |

Saturday, 27 April 2019 | Day 1

Session 2 | 5:00pm – 9:00pm

| Track  |                   |            |     | Field  |                        |            |     |
|--------|-------------------|------------|-----|--------|------------------------|------------|-----|
| Time   | Event             | Heat/Final | M/F | Time   | Event                  | Heat/Final | M/F |
| 5:00pm | 3000m Steeple     | Final      | F   | 5:00pm | Javelin                | Final      | M   |
| 5:30pm | 3000m Steeple     | Final      | M   | 5:00pm | Long Jump (ambulant)   | Final      | F   |
| 6:00pm | 100m              | Final      | F   | 6:30pm | Javelin (ambulant)     | Final      | M   |
| 6:05pm | 100m (ambulant)   | Final      | F   | 6:30pm | Long Jump              | Final      | F   |
| 6:10pm | 100m (wheelchair) | Final      | F   | 7:00pm | Triple Jump (ambulant) | Final      | M   |
| 6:15pm | 100m (wheelchair) | Final      | M   | 8:00pm | Javelin (wheelchair)   | Final      | M   |
| 6:20pm | 100m (ambulant)   | Final      | M   | 8:00pm | Triple Jump            | Final      | M   |
| 6:25pm | 100m              | Final      | M   |        |                        |            |     |
| 6:30pm | 400m              | Final      | F   |        |                        |            |     |
| 6:35pm | 400m (ambulant)   | Final      | F   |        |                        |            |     |
| 6:45pm | 400m (wheelchair) | Final      | F   |        |                        |            |     |
| 7:00pm | 400m (wheelchair) | Final      | M   |        |                        |            |     |
| 7:15pm | 400m (ambulant)   | Final      | M   |        |                        |            |     |
| 7:30pm | 400m              | Final      | M   |        |                        |            |     |
| 7:45pm | 4 x 100m          | Final      | F   |        |                        |            |     |
| 8:00pm | 4 x 100m          | Final      | M   |        |                        |            |     |

Sunday, 28 April 2019 | Day 2

Session 3 | 9:00am - 3:00pm

| Track   |                    |            |     | Field   |                       |            |     |
|---------|--------------------|------------|-----|---------|-----------------------|------------|-----|
| Time    | Event              | Heat/Final | M/F | Time    | Event                 | Heat/Final | M/F |
| 9:00am  | 10,000m (ambulant) | Final      | F   | 10:00am | Hammer                | Final      | F   |
| 9:45am  | 10,000m            | Final      | F   | 10:00am | Shot Put (ambulant)   | Final      | M   |
| 10:30am | 10,000m (ambulant) | Final      | M   | 11:30am | Shot Put              | Final      | M   |
| 11:15am | 10,000m            | Final      | M   | 1:00pm  | Shot Put (wheelchair) | Final      | M   |
| 12:00pm | 200m (ambulant)    | Heats      | F   |         |                       |            |     |
| 12:15pm | 200m (ambulant)    | Heats      | M   |         |                       |            |     |
| 12:30pm | 200m (wheelchair)  | Heats      | F   |         |                       |            |     |
| 12:45pm | 200m (wheelchair)  | Heats      | M   |         |                       |            |     |
| 1:00pm  | 200m               | Heats      | F   |         |                       |            |     |
| 1:15pm  | 200m               | Heats      | M   |         |                       |            |     |
| 1:30pm  | 1500m (ambulant)   | Heats      | F   |         |                       |            |     |
| 1:45pm  | 1500m (ambulant)   | Heats      | M   |         |                       |            |     |
| 1:55pm  | 1500m              | Heats      | F   |         |                       |            |     |
| 2:05pm  | 1500m              | Heats      | M   |         |                       |            |     |
| 2:15pm  | 1500m (wheelchair) | Heats      | F   |         |                       |            |     |
| 2:30pm  | 1500m (wheelchair) | Heats      | M   |         |                       |            |     |

Sunday, 28 April 2019 | Day 2

Session 4 | 5:00pm - 9:00pm

| Track  |                      |            |     | Field  |                        |            |     |
|--------|----------------------|------------|-----|--------|------------------------|------------|-----|
| Time   | Event                | Heat/Final | M/F | Time   | Event                  | Heat/Final | M/F |
| 5:00pm | 10,000m (wheelchair) | Final      | F   | 5:00pm | Javelin                | Final      | F   |
| 5:45pm | 10,000m (wheelchair) | Final      | M   | 5:00pm | Long Jump              | Final      | M   |
| 6:30pm | 5000w                | Final      | F   | 6:30pm | Javelin (ambulant)     | Final      | F   |
| 7:00pm | 5000w                | Final      | M   | 6:30pm | Long Jump (ambulant)   | Final      | M   |
| 7:30pm | 200m                 | Final      | F   | 7:00pm | Triple Jump (ambulant) | Final      | F   |
| 7:35pm | 200m                 | Final      | M   | 8:00pm | Javelin (wheelchair)   | Final      | F   |
| 7:40pm | 200m (ambulant)      | Final      | F   | 8:00pm | Triple Jump            | Final      | F   |
| 7:45pm | 200m (ambulant)      | Final      | M   |        |                        |            |     |
| 7:50pm | 200m (wheelchair)    | Final      | F   |        |                        |            |     |
| 7:55pm | 200m (wheelchair)    | Final      | M   |        |                        |            |     |
| 8:00pm | 1500m (wheelchair)   | Final      | F   |        |                        |            |     |
| 8:10pm | 1500m (wheelchair)   | Final      | M   |        |                        |            |     |
| 8:20pm | 1500m                | Final      | F   |        |                        |            |     |
| 8:27pm | 1500m                | Final      | M   |        |                        |            |     |
| 8:34pm | 1500m (ambulant)     | Final      | F   |        |                        |            |     |
| 8:44pm | 1500m (ambulant)     | Final      | M   |        |                        |            |     |
| 8:51pm | Hybrid Relay         | Final      | F/M |        |                        |            |     |
| 8:55pm | 100m Hurdles         | Final      | F   |        |                        |            |     |
| 9:00pm | 110m Hurdles         | Final      | M   |        |                        |            |     |

**Monday, 29 April 2019 | Day 3**  
**Session 5 | 9:00am – 1:00pm**

| <b>Track</b> |                   |                   |            | <b>Field</b> |                      |                   |            |
|--------------|-------------------|-------------------|------------|--------------|----------------------|-------------------|------------|
| <b>Time</b>  | <b>Event</b>      | <b>Heat/Final</b> | <b>M/F</b> | <b>Time</b>  | <b>Event</b>         | <b>Heat/Final</b> | <b>M/F</b> |
| 9:00am       | 400m Hurdles      | Final             | F          | 9:00am       | High Jump            | Final             | M          |
| 9:10am       | 400m Hurdles      | Final             | M          | 9:00am       | Discus (ambulant)    | Final             | F          |
| 9:20am       | 800m              | Heats             | F          | 10:30am      | Discus               | Final             | F          |
| 9:30am       | 800m (ambulant)   | Heats             | F          | 10:30am      | High Jump (ambulant) | Final             | M          |
| 9:40am       | 800m (wheelchair) | Heats             | F          | 12:00pm      | Discus (wheelchair)  | Final             | F          |
| 9:50am       | 800m (wheelchair) | Heats             | M          |              |                      |                   |            |
| 10:00am      | 800m              | Heats             | M          |              |                      |                   |            |
| 10:10am      | 800m (ambulant)   | Heats             | M          |              |                      |                   |            |
| 10:20am      | 4 x 400m          | Final             | F          |              |                      |                   |            |
| 10:30am      | 4 x 400m          | Final             | M          |              |                      |                   |            |

**Monday, 29 April 2019 | Day 3**  
**Session 6 | 5:00pm – 9:00pm**

| <b>Track</b> |                    |                   |            | <b>Field</b> |                      |                   |            |
|--------------|--------------------|-------------------|------------|--------------|----------------------|-------------------|------------|
| <b>Time</b>  | <b>Event</b>       | <b>Heat/Final</b> | <b>M/F</b> | <b>Time</b>  | <b>Event</b>         | <b>Heat/Final</b> | <b>M/F</b> |
| 5:00pm       | 5000m              | Final             | F          | 5:00pm       | High Jump            | Final             | F          |
| 5:30pm       | 5000m (ambulant)   | Final             | F          | 5:00pm       | Discus (wheelchair)  | Final             | M          |
| 6:00pm       | 5000m (wheelchair) | Final             | F          | 6:30pm       | Discus (ambulant)    | Final             | M          |
| 6:15pm       | 800m               | Final             | M          | 6:45pm       | High Jump (ambulant) | Final             | F          |
| 6:30pm       | 800m (ambulant)    | Final             | F          | 8:00pm       | Discus               | Final             | M          |
| 6:45pm       | 800m               | Final             | F          |              |                      |                   |            |
| 7:00pm       | 800m (wheelchair)  | Final             | F          |              |                      |                   |            |
| 7:15pm       | 800m (wheelchair)  | Final             | M          |              |                      |                   |            |
| 7:30pm       | 800m (ambulant)    | Final             | M          |              |                      |                   |            |
| 7:45pm       | 5000m (ambulant)   | Final             | M          |              |                      |                   |            |
| 8:15pm       | 5000m              | Final             | M          |              |                      |                   |            |
| 8:45pm       | 5000m (wheelchair) | Final             | M          |              |                      |                   |            |

*\*All above times are subject to change based on entries and final schedule.*