

VNPSSG DAY 2: Tuesday 14th August 2018.
ATHLETIC PROGRAMS

5am-6am	Setting up			
6:00AM	BIATHLON	OPEN	F	FINAL
6:25AM	BIATHLON	OPEN	M	FINAL
7:00AM	10000M	OPEN	F	FINAL
7:45AM	10000M	OPEN	M	FINAL
8:15AM	200M	A	F	Semi-Final
8:25AM	200M	A	F	Semi-Final
8:35AM	200M	A	M	Semi-Final
8:45AM	200M	A	M	Semi-Final
8:55AM	200M	B	F	Semi-Final
9:05AM	200M	B	F	Semi-Final
9:15AM	200M	B	M	Semi-Final
9:25AM	200M	B	M	Semi-Final
9:35AM	400M	A	F	Semi-Final
9:50AM	400M	A	F	Semi-Final
9:55AM	400M	A	M	Semi-Final
10:00AM	400M	A	M	Semi-Final
10:05AM	400M	B	F	Semi-Final
10:10AM	400M	B	F	Semi-Final
10:15AM	400M	B	M	Semi-Final
10:20Am	400M	B	M	Semi-Final
10:25AM	5000M	OPEN	F	FINAL
10:30AM	5000M	OPEN	M	FINAL
10:50AM	100M	B	F	FINAL
10:55Am	100M	B	M	FINAL
11:00AM	100M	A	F	FINAL
11:05AM	100M	A	M	FINAL
11:10AM	400M	B	F	FINAL
11:15AM	400M	B	M	FINAL
11:20AM	400M	A	F	FINAL
11:25AM	400M	A	M	FINAL
11:30AM	200M	B	F	FINAL
11:35AM	200M	B	M	FINAL
11:40AM	200M	A	F	FINAL
11:45AM	200M	A	M	FINAL
11:50AM	800M	B	F	FINAL

11:55AM	800M	B	M	FINAL
12:40AM	4X100M RELAY	A	F	Final
12:45AM	4X100M RELAY	A	M	Final
12:50AM	4X100 RELAY	B	F	Final
12:55AM	4X100 RELAY	B	M	Final
1:00PM	4X400M	A	F	FINAL
1:05PM	4X400M	A	M	FINAL
1:10PM	4X400M	B	F	FINAL
1:15PM	4X400M	B	M	FINAL
1:20PM	MEDLEY RELAY MIX	A	F / M (Mix)	FINAL
1:25PM	MEDLEY RELAY MIX	B	F / M (Mix)	FINAL
1:00PM	Long Jump	B	F	FINAL
1:20PM	Long Jump	B	M	FINAL
1:40PM	Long Jump	A	F	FINAL
2:00PM	Long Jump	A	M	FINAL
2:20PM	Triple Jump	B	F	FINAL
2:40PM	Triple Jump	B	M	FINAL
3:00PM	Triple Jump	A	F	FINAL
3:20PM	Triple Jump	A	M	FINAL
1:00PM	JAVLIN	B	F	FINAL
1:20PM	JAVLIN	B	M	FINAL
1:40PM	JAVLIN	A	F	FINAL
2:00PM	JAVLIN	A	M	FINAL
2:20PM	DISCUS	B	F	FINAL
2:40PM	DISCUS	B	M	FINAL
3:00PM	DISCUS	A	F	FINAL
3:20PM	DISCUS	A	M	FINAL
1:00PM	SHOT PUT	B	F	FINAL
1:20PM	SHOT PUT	B	M	FINAL
1:40PM	SHOT PUT	A	F	FINAL
2:00PM	SHOT PUT	A	M	FINAL
1:00PM	High Jump	B	F	FINAL
1:20PM	High Jump	B	M	FINAL
1:40PM	High Jump	A	F	FINAL
2:00PM	High Jump	A	M	FINAL