

3rd National Open 400m Championships 2021
Jawaharlal Nehru Stadium, New Delhi
11-12 October 2021

Schedule Day 1 (11th October 2021)

SN	Time	Event	Group	Round
1	3:30 PM	400m	Girls - 16	HEATS
	Heat 1 : 3:30 PM, Heat 2 : 3:35 PM, Heat 3 : 3:45 PM, Heat 4 : 3:50 PM, Heat 5 : 4:00 PM, Heat 6 : 4:05 PM			
2	4:10 PM	400m	Boys - 16	HEATS
	Heat 1 : 4:10 PM, Heat 2 : 4:15 PM, Heat 3 : 4:20 PM, Heat 4 : 4:25 PM, Heat 5 : 4:30 PM, Heat 6 : 4:35 PM			
3	4:40 PM	400m	Men	HEATS
	Heat 1 : 4:40 PM, Heat 2 : 4:45 PM, Heat 3 : 4:50 PM, Heat 4 : 4:55 PM			
4	5:00 PM	400m	Girls - 18	HEATS
	Heat 1 : 5:00 PM, Heat 2 : 5:05 PM, Heat 3 : 5:10 PM			
5	5:15 PM	400m	Boys - 18	HEATS
	Heat 1 : 5:15 PM, Heat 2 : 5:20 PM, Heat 3 : 5:25 PM			
6	5:30 PM	400m	Boys - 20	HEATS
	Heat 1 : 5:30 PM, Heat 2 : 5:35 PM, Heat 3 : 5:40 PM			

Schedule Day 2 (12th October 2021)

MORNING

SN	Time	Event	Group	Round
1	7:00 AM	400m	Girls - 16	SEMI FINAL
	SF 1 : 7:00 AM, Heat 2 : 7:10 AM, Heat 3 : 7:20 AM			
2	7:30 AM	400m	Boys - 16	SEMI FINAL
	SF 1 : 7:30 AM, Heat 2 : 7:40 AM, Heat 3 : 7:50 AM			
3	8:00 AM	400m	Men	SEMI FINAL
	Heat 1 : 8:00 AM, Heat 2 : 8:10 AM, Heat 3 : 8:20 AM			

EVENING

SN	Time	Event	Group	Round
1	4:30 PM	400m	Girls - 18	FINAL
2	4:40 PM	400m	Boys - 18	FINAL
3	4:50 PM	400m	Girls - 20	FINAL
4	5:00 PM	400m	Boys - 20	FINAL
5	5:10 PM	400m	Girls - 16	FINAL
6	5:20 PM	400m	Boys - 16	FINAL
7	5:30 PM	400m	Women	FINAL
8	5:40 PM	400m	Men	FINAL

Note :

1. Age Verification will be done from 11am onwards at JN Stadium on 11th October 2021.
2. BIB nos will be distributed from 11am onwards at JN Stadium on 11th October 2021
3. Athletes are advised to carry RTPCR negative report otherwise they will not be allowed for participation.