

37th National Games 2023 -GOA

Athletics:- 29th October-3rd November

Schedule Version 1.3 AS ON 26.10.2023

Day 1 -Sunday ,Evening ,29/10

Sl.No	Scheduled Time	Event	Implement Specification	Round	Section
101	1730hrs	High Jump		Final 1	Men
102	1745hrs	100m		Round 1	Women
103	1800hrs	100m		Round 1	Men
104	1810hrs	Discus Throw	1.000kg	Final 2	Women
105	1815hrs	5000m		Final 3	Men
	1845hrs	5000m		MC 1	MEN
106	1850hrs	400m		Round 1	Men
107	1900hrs	400m		Round 1	Women
108	1905hrs	100m		Final 4	Women
109	1915hrs	100m		Final 5	Men
110	1930hrs	10000m		Final 6	Women
	1940hrs	High Jump		MC-2	Men
	1947hrs	Discus Throw		MC-3	Women
	1955hrs	100m		MC-4	Women
	2005hrs	100m		MC-5	Men
	2015hrs	10000m		MC-6	Women

Day 2-Monday, Morning,30/10

201	0630hrs	20km Race Walk		Final 7	Men
202	0635hrs	20km Race Walk		Final 8	Women
203	0745hrs	100m		Decathlon 1	Men
204	0800hrs	110m Hurdles	1.067m	Round 1	Men
205	0815hrs	100m Hurdles	0.838m	Round 1	Women
206	0830hrs	Long Jump		Decathlon 2	Men
	0900 HRS	20KM RACE WALK		MC 7	MEN
	0910 HRS	20KM RACE WALK		MC 8	WOMEN
207	0930hrs	Shot Put	7.260kg	Decathlon 3	Men

Day 2-Monday, Evening ,30/10

208	1800hrs	110m Hurdles	1.067m	Final-9	Men
209	1805hrs	High Jump		Decathlon 4	Men
210	1810hrs	Long Jump		Final 10	Men
211	1815hrs	100m Hurdles	0.838m	Final-11	Women
212	1820hrs	Shot Put	4.000kg	Final 12	Women
	1830 HRS	110 M HURDLES		MC 9	MEN
	1840 HRS	100M HURDLES		MC10	WOMEN
213	1850hrs	400m		Final 13	Women

214	1905hrs	400m		Final 14	Men
215	1910hrs	Discus Throw	2.000kg	Final 15	Men
216	1915hrs	1500m		Final 16	Women
217	1930hrs	1500m		Final 17	Men
	1935hrs	400m		MC-11	Women
	1942hrs	400m		MC-12	Men
	1950hrs	Long Jump		MC-13	Men
	2000hrs	Shot Put		MC-14	Women
218	2005hrs	400m		Decathlon 5	Men
	2010hrs	Discus Throw		MC-15	Men
	2020hrs	1500m		MC-16	Women
	2030hrs	1500m		MC-17	Men
Day 3 -Tuesday, Morning,31/10					
301	0740hrs	110m Hurdles	1.067m	Decathlon 6	Men
302	0830hrs	Discus Throw	2.000kg	Decathlon 7	Men
303	0930hrs	Pole Vault		Decathlon 8	Men
Day 3 -Tuesday, Evening,31/10					
304	1800hrs	Pole Vault		Final 18	Men
305	1820hrs	Javelin Throw	800gm	Decathlon 9	Men
306	1850hrs	4 X 100m Relay		Final-19	Women
307	1905hrs	4 X 100m Relay		Final-20	Men
308	1935hrs	Javelin Throw	600gm	Final 21	Women
309	1940hrs	Long Jump		Final 22	Women
310	1945hrs	1500m		Decathlon 10 Final 23	Men
	1950hrs	4 X 100m Relay		MC-18	Women
	2000hrs	4 X 100m Relay		MC-19	Men
	2020hrs	DECATHLON		MC-20	Men
	2045hrs	Javelin Throw		MC-21	Women
	2055hrs	Long Jump		MC-22	Women
	2105hrs	Pole Vault		MC-23	Men
Day 4-Wednesday, Evening,01/11					
401	1800hrs	Pole Vault		Final 24	Women
402	1805hrs	100m Hurdles	0.838m	Heptathlon 1	Women
403	1820hrs	800m		Round 1	Women
404	1825hrs	Triple Jump		Final 25	Women
405	1835hrs	800m		Round 1	Men
406	1840hrs	High Jump		Heptathlon 2	Women
407	1850hrs	200m		Round 1	Women
408	1900hrs	Shot Put	7.260kg	Final 26	Men
409	1905hrs	200m		Round 1	Men
410	1920hrs	Hammer Throw	4.000kg	Final 27	Women
411	1925hrs	5000m		Final 28	Women
412	1945hrs	10000m		Final 29	Men
	1950hrs	Triple Jump		MC-24	Women

	2010hrs	Shot Put		MC-25	Men
413	2020hrs	Shot Put	4.000kg	Heptathlon 3	Women
414	2025hrs	4 X 400m Relay		Final 30	Women
415	2035hrs	4 X 400m Relay		Final 31	Men
	2040hrs	5000m		MC-26	Women
416	2050hrs	200m		Heptathlon 4	Women
	2055hrs	10000m		MC-27	Women
	2105hrs	Hammer Throw		MC-28	Women
	2115hrs	Pole Vault		MC-29	Men
	2122hrs	4 X 400m Relay		MC-30	Women
	2130hrs	4 X 400m Relay		MC-31	Men
Day 5 -Thirsday,Evening,02/11					
501	1800hrs	Long Jump		Heptathlon 5	Women
502	1845hrs	Javelin Throw	600gm	Heptathlon 6	Women
503	1900hrs	400m Hurdles	0.914m	Round 1	Men
504	1915hrs	Hammer Throw	7.260kg	Final 32	Men
505	1920hrs	400m Hurdles	0.762m	Round 1	Women
506	1930hrs	Triple Jump		Final 33	Men
507	1940hrs	200m		Final 34	Women
508	1950hrs	200m		Final 35	Men
509	2000hrs	800m		Final 36	Women
510	2010hrs	800m		Final 37	Men
511	2020hrs	800m		Heptathlon 7 Final 38	Women
	2030hrs	Hammer Throw		MC-32	Men
	2037hrs	Triple Jump		MC-33	Men
	2045hrs	200m		MC-34	Women
	2052hrs	200m		MC-35	Men
	2100hrs	800m		MC-36	Women
	2110hrs	800m		MC-37	Men
	2120hrs	HEPTATHLON		MC-38	Women
Day-6 -Friday ,Evening,03/11					
601	1800hrs	High Jump		Final 39	Women
602	1825hrs	Javelin Throw	800gm	Final 40	Men
603	1835hrs	400m Hurdles	0.914m	Final 41	Men
604	1850hrs	400m Hurdles	0.762m	Final 42	Women
605	1910hrs	3000m Steeple Chase	0.914m	Final 43	Men
	1920hrs	400m Hurdles		MC-39	Men
606	1930hrs	3000m Steeple Chase	0.762m	Final 44	Women
607	2005hrs	4 X 400m Mixed Relay		Final 45	X
	1935hrs	400m Hurdles		MC-40	Women
	1940hrs	Javelin Throw		MC-41	Men
	1947hrs	3000m Steeple Chase		MC-42	Men
	1955hrs	3000m Steeple Chase		MC-43	Women
	2005hrs	High Jump		MC-44	X
	2015hrs	4 X 400m Mixed Relay		MC-45	Women



