



**EVENT SCHEDULE FOR 3RD MoC GRAND PRIX ON 30TH-31ST MARCH 2021
AT YABATECH SPORTS COMPLEX, LAGOS, NIGERIA**

NOTE: ALL ATHLETES MUST COLLECT THEIR COMPETITION BIBS ON FRIDAY 26 OR MONDAY 29 MARCH!

DAY 1 - TUESDAY 30 MARCH 2021

MORNING SESSION (9AM - 1PM)

TYPE	EVENTS SCHEDULE		STAGE	PARTICIPANTS	QUALIFICATION	Start Time	End Time
TRACK	Women's	100m	PRELIMINARIES	NATIONAL	ALL COMERS	9:00	9:40
FIELD	Women's	Discus Throw	FINAL	NATIONAL	ALL COMERS	9:00	10:00
FIELD	Men's	Long Jump	PRELIMINARIES	NATIONAL	ALL COMERS	9:00	12:30
TRACK	Men's	100m	PRELIMINARIES	NATIONAL	ALL COMERS	9:40	11:00
FIELD	Men's	Discus Throw	FINAL	NATIONAL	ALL COMERS	10:00	11:00
TRACK	Women's	400m	HEATS	NATIONAL	ALL COMERS	11:00	11:40
TRACK	Men's	400m	HEATS	NATIONAL	ALL COMERS	11:40	13:00

AFTERNOON SESSION (2PM - 6PM)

TYPE	EVENTS SCHEDULE		STAGE	PARTICIPANTS	QUALIFICATION	Start Time	End Time
TRACK	Women's	400m Hurdles	A & B FINALS	INTERNATIONAL	ALL COMERS	14:00	14:20
FIELD	Women's	Triple Jump	FINAL	INTERNATIONAL	ALL COMERS	14:00	15:00
TRACK	Women's	400m Hurdles	A & B FINALS	INTERNATIONAL	ALL COMERS	14:20	14:40
TRACK	Women's	100m	5 HEATS	INTERNATIONAL	FROM PRELIMS / DIRECT*	14:40	15:15
FIELD	Men's	Hammer Throw	FINAL	INTERNATIONAL	ALL COMERS	14:40	15:00
FIELD	Women's	Hammer Throw	FINAL	INTERNATIONAL	ALL COMERS	15:00	15:50
TRACK	Men's	100m	6 HEATS	INTERNATIONAL	FROM PRELIMS / DIRECT**	15:15	16:00
TRACK	Women's	800m	FINAL	INTERNATIONAL	ALL COMERS	16:00	16:10
TRACK	Men's	800m	A & B FINALS	INTERNATIONAL	ALL COMERS	16:10	16:30
TRACK	Men's/Women's	100m T11	FINAL	INTERNATIONAL	ALL COMERS	16:30	16:40
TRACK	Men's	100m T46/T47	FINAL	INTERNATIONAL	ALL COMERS	16:40	16:50
TRACK	Women's	100m	A & B FINALS	INTERNATIONAL	TOP 16 TIMES FROM HEATS	16:50	17:20
TRACK	Men's	100m	A & B FINALS	INTERNATIONAL	TOP 16 TIMES FROM HEATS	17:20	17:50

**Women's 100m Heats Qualifiers: 24 Fastest Times in Prelims + 16 seeded Athletes (Internationals & Nigeria's Top Athletes) direct to Heats*

***Men's 100m Heats Qualifiers: 24 Fastest Times in Prelims + 24 seeded Athletes (Internationals & Nigeria's Top Athletes) direct to Heats*

DAY 2 - WEDNESDAY 31 MARCH 2021

MORNING SESSION (9AM - 1PM)

TYPE	EVENTS SCHEDULE		STAGE	PARTICIPANTS	QUALIFICATION	Start Time	End Time
TRACK	Women's	200m	HEATS	NATIONAL	ALL COMERS	9:00	9:40
FIELD	Women's	Shot Put	FINAL	NATIONAL	ALL COMERS	9:00	10:00
FIELD	Men's	Triple Jump	PRELIMS & FINAL	INTERNATIONAL	ALL COMERS	9:00	11:00
TRACK	Men's	200m	HEATS	NATIONAL	ALL COMERS	9:40	12:00
FIELD	Men's	Shot Put	FINAL	INTERNATIONAL	ALL COMERS	10:00	11:00
FIELD	Women's	Long Jump	PRELIMS & FINAL	INTERNATIONAL	ALL COMERS	11:00	13:00

AFTERNOON SESSION (2PM - 6PM)

TYPE	TRACK EVENTS SCHEDULE		STAGE	PARTICIPANTS	QUALIFICATION	Start Time	End Time
TRACK	Women's	100m Hurdles	A & B FINALS	NATIONAL	ALL COMERS	14:00	14:20
FIELD	Women's	Javelin	FINAL	NATIONAL	ALL COMERS	14:00	14:30
FIELD	Men's	Long Jump	FINAL	INTERNATIONAL	FROM PRELIMS / DIRECT	14:00	15:00
TRACK	Men's	110m Hurdles	A & B FINALS	NATIONAL	ALL COMERS	14:20	14:40
FIELD	Men's	Javelin	FINAL	NATIONAL	ALL COMERS	14:30	15:30
TRACK	Women's	1500m	FINAL	INTERNATIONAL	ALL COMERS	14:40	14:50
TRACK	Men's	1500m	A & B FINALS	INTERNATIONAL	ALL COMERS	14:50	15:10
FIELD	Women's	High Jump	FINAL	NATIONAL	ALL COMERS	15:00	15:40
TRACK	Women's	200m	A, B & C FINALS	INTERNATIONAL	NAT'L ATHLETES FROM HEATS	15:10	15:40
TRACK	Men's	200m	A, B & C FINALS	INTERNATIONAL	& ALL INT'L ATHLETES	15:40	16:10
FIELD	Men's	High Jump	FINAL	NATIONAL	ALL COMERS	15:40	17:00
TRACK	Women's	400m	A & B FINALS	INTERNATIONAL	NAT'L ATHLETES FROM HEATS	16:10	16:30
TRACK	Men's	400m	A, B & C FINALS	INTERNATIONAL	& ALL INT'L ATHLETES	16:30	17:00
TRACK	Women's	4x100m	FINAL	INTERNATIONAL	TOP 8 TEAMS	17:00	17:20
TRACK	Men's	4x100m	A & B FINALS	INTERNATIONAL	TOP 16 TEAMS	17:20	18:00