

**2nd Solid Works/AFN Golden League  
18th May 2013  
Port harcourt, Rivers State**

Morning

9.00am	10km Walk Race	Women	
9.00am	Discus	Men	
9.10am	10km Walk Race	Men	
10.10am	400m hurdles	Women	Q
10.45am	400m hurdles	Men	Q
10.45am	Javelin	Men	GL
11.00am	High Jump	Women	GL
11.15am	100meters	Women	Q
11.45am	100meters	Men	Q
11.45am	Triple Jump	Women	GL
12,00 n	100m Hurdles	Women	Q
12.30pm	110m Hurdles	Men	
12.30pm	Hammer	Women	
12.40pm	4x100m relay	Women	Q
12.50pm	4x100m relay	Men	Q

## Afternoon

3.00pm	Javelin	Women	
3.00pm	Hammer	Men	GL
3.00pm	Long Jump	Men	GL
3.00pm	100m Hurdles	Women	GL
3:10pm	400m Hurdles	Women	GL
3.20pm	400m Hurdles	Men	GL
3.40pm	800m	Women	GL
3.50pm	800m	Men	GL
4.00pm	Discus	Women	
4.00pm	400m	Women	
4.10pm	400m	Men	
4.20pm	100m	Women	GL
4.30pm	100m	Men	GL
4.35pm	1500m	Women	
4.45pm	1500m	Men	
5.10pm	4x100m relay	Women	GL
5.15pm	4x100m relay	Men	GL
5.20pm	4X400m relay	Women	GL
5.25pm	4X400m relay	Men	GL