

	A	B	C	D	E
1					
2	<b>Order of Event 1st Golden League Abuja 2014</b>				
3					
4	<b>Morning</b>				
5	8.00am	20,000meters Walk	Men	Promotional	
6	8.30am	10,000meters Walk	Women	Promotional	
7	9.00am	Shot put	Women	GL	
8	9.45am	5,000meters	Men	GL	
9	10.15am	3,000meters	Women	GL	
10	10.30am	400meters	Women	Q	
11	10.45am	400meters	Men	Q	
12	11.00am	400m hurdles	Women	Q	
13	11.00am	Javelin	Men	GL	
14	11.00am	High Jump	Women	GL	
15	11.30am	100meters	Women	Q	
16	11.30am	Triple Jump	Women	Promotional	
17	11.50am	100meters	Men	Q	
18	12,10pm	100m Hurdles	Women	Promotional	
19	12.30pm	110m Hurdles	Men	Q	
20	12.30pm	Hammer	Women	Promotional	
21	12.40pm	4x100m relay	Women	Q	
22	12.50pm	4x100m relay	Men	Q	
23					
24	<b>Afternoon</b>				
25	3.00pm	Shot put	Men	GL	
26	3.00 pm	Discus	Men	Promotional	
27	3.00pm	Long Jump	Women	GL	
28	3.00pm	110m Hurdles	Men	GL	
29	3.05 pm	High jump	Men	GL	
30	3.15pm	100meters	Women	GL	
31	3.20pm	100meters	Men	GL	
32	3.30pm	400m Hurdles	Women	GL	
33	3.55pm	1,500meters	Women	GL	
34	4,05pm	1,500meters	Men	GL	
35	4.15pm	400meters	Women	GL	
36	4.20 pm	Triple jump	Men	GL	
37	4.30pm	400meters	Men	GL	
38	4.35pm	800meters	Women	Promotional	
39	4.55pm	800meters	Men	Promotional	
40	5.10pm	4x100m relay	Women	GL	

	A	B	C	D	E
41	5.15pm	4x100m relay	Men	GL	
42	5.20pm	4X400m relay	Women	GL	
43	5.25pm	4X400m relay	Men	GL	