

**INSTITUTE SPORTS COUNCIL  
INDIAN INSTITUTE OF TECHNOLOGY ROORKEE**

**SANGRAM 2018  
ATHLETICS SCHEDULE**

DAY 1 - 29th March 2018

***Evening Session***

Reporting Time : 3'30 PM

4:00 PM :	Javelin Throw	Men	Finals
4:00 PM :	Triple Jump	Men	Finals

DAY 2 - 30th March 2018

***Morning Session***

Reporting Time : 7'00 AM

7:30 AM :	100 Metres	Men and Women	Heats
7:30 AM :	Triathlon Shot Put	Women	FINALS
8:00 AM :	Discus Throw	Men	Finals
8:30 AM :	400 Metres	Men and Women	Heats
9:30 AM :	Triathlon 200 Metres	Women	FINALS

***Evening Session***

Reporting Time : 3'30 PM

4:00 PM :	Triathlon Long Jump	Women	FINALS
4:00 PM :	Discus Throw	Women	Finals
4:00 PM :	110 Metres Hurdles	Men	Finals (Time Trial)
4:30 PM :	100 Metres	Men and Women	Semi-Finals
5:00 PM :	800 Metres	Men and Women	Finals
5:30 PM :	4x100 Metres Relay	Men and Women	Heats

DAY 3 - 31st March 2018

***Morning Session***

Reporting Time : 7'00 AM

7:30 AM :	400 Metres Hurdles	Men	Finals (Time Trial)
7:45 AM :	Triathlon 100M	Men	FINALS
8:00 AM :	200 Metres	Men and Women	Heats
8:00 AM :	Pole Vault	Men	Finals
8:00 AM :	Shot Put	Men and Women	Finals
9:00 AM :	4x400 Metres Relay	Men and Women	Heats
9:30 AM :	Triathlon Long Jump	Men	FINALS

***Evening Session***

Reporting Time : 3'30 PM

4:00 PM :	200 Metres	Men and Women	Semi-Finals
4:15 PM :	Long Jump	Men and Women	Finals
4:15 PM :	Triathlon Shot Put	Men	FINALS
5:00 PM :	400 Metres	Men and Women	Finals
5:30 PM :	5000 Metres	Men	Finals

DAY 4- 1st April 2018

***Morning Session***

Reporting Time : 7'00 AM

7:30 AM :	Javelin Throw	Women	Finals
7:30 AM :	200 Metres	Men and Women	Finals
7:30 AM :	High Jump	Men and Women	Finals
8:30 AM :	4x400 Metres Relay	Men and Women	Finals

***Evening Session***

Reporting Time : 3'30 PM

4:00 PM :	Hammer Throw	Men and Women	Finals
4:00 PM :	100 Metres	Men and Women	Finals
4:30 AM :	1500 Metres	Men and Women	Finals
5:00 PM :	4x100 Metres Relay	Men and Women	Finals