



**FLOW CARIFTA GAMES 2016**  
NATIONAL ATHLETIC STADIUM, QUEENS PARK, ST. GEORGE'S, GRENADA  
MARCH 26<sup>th</sup> – 28<sup>th</sup>, 2016

**SCHEDULE OF EVENTS**

**Session: 1 SATURDAY 26TH MARCH - MORNING**

**Day 1 - Saturday 26/03/2016 - Starts at 09:00 AM**

	<b>Event</b>	<b>Round</b>
9:00 AM	#1 Girls High Jump UNDER 18	Finals
9:00 AM	#2 Boys Javelin Throw UNDER 18	Finals
9:00 AM	#3 Girls Shot Put UNDER 18	Finals
9:05 AM	#4 Heptathlon: #1 Girls 100 Meter Hurdles OPEN	Finals
9:10 AM	#5 Octathlon: #1 Boys 100 Meter Dash OPEN	Finals
9:20 AM	#6 Girls 100 Meter Dash UNDER 18	Prelims
9:35 AM	#7 Boys 100 Meter Dash UNDER 18	Prelims
9:50 AM	#8 Girls 100 Meter Dash UNDER 20	Prelims
10:05 AM	#9 Boys 100 Meter Dash UNDER 20	Prelims
10:10 AM	#4 Heptathlon: #2 Girls High Jump OPEN	Finals
10:15 AM	#5 Octathlon: #2 Boys Long Jump OPEN	Finals
10:20 AM	#10 Girls 400 Meter Dash UNDER 18	Prelims
10:30 AM	#11 Boys 400 Meter Dash UNDER 18	Prelims
10:40 AM	#12 Girls 400 Meter Dash UNDER 20	Prelims
10:50 AM	#13 Boys 400 Meter Dash UNDER 20	Prelims
	<b>MEDAL PRESENTATION</b>	

**Session: 2 SATURDAY 26TH MARCH - EVENING**

**Day 1 - Saturday 26/03/2016 - Starts at 03:00 PM**

3:00 PM **OPENING CEREMONY**

	<b>Event</b>	<b>Round</b>
4:00 PM	#14 Boys Triple Jump UNDER 18	Finals
4:05 PM	#4 Heptathlon: #3 Girls Shot Put OPEN	Finals





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4:10 PM	#6 Girls 100 Meter Dash UNDER 18	Semis
4:25 PM	#7 Boys 100 Meter Dash UNDER 18	Semis
4:40 PM	#8 Girls 100 Meter Dash UNDER 20	Semis
4:10 PM	#5 Octathlon: #3 Boys Shot Put OPEN	Finals
4:50 PM	#9 Boys 100 Meter Dash UNDER 20	Semis
5:10 PM	#15 Boys High Jump UNDER 20	Finals
5:15 PM	#16 Boys Discus Throw UNDER 20	Finals
5:10 PM	#17 Girls 1500 Meter Run UNDER 18	Finals
5:20 PM	#18 Boys 1500 Meter Run UNDER 18	Finals
	MEDAL PRESENTATION	
5:35 PM	#21 Girls 1500 Meter Run UNDER 20	Finals
5:50 PM	#22 Boys 1500 Meter Run UNDER 20	Finals
	MEDAL PRESENTATION	
5:55 PM	#19 Girls Long Jump UNDER 20	Finals
5:55 PM	#20 Girls Shot Put UNDER 20	Finals
6:00 PM	#10 Girls 400 Meter Dash UNDER 18	Finals
6:05 PM	#11 Boys 400 Meter Dash UNDER 18	Finals
	MEDAL PRESENTATION	
6:15 PM	#12 Girls 400 Meter Dash UNDER 20	Finals
6:20 PM	#13 Boys 400 Meter Dash UNDER 20	Finals
6:25 PM	#5 Octathlon: #4 Boys 400 Meter Dash OPEN	Finals
6:30 PM	#4 Heptathlon: #4 Girls 200 Meter Dash OPEN	Finals
	MEDAL PRESENTATION	
6:45 PM	#6 Girls 100 Meter Dash UNDER 18	Finals
6:50 PM	#7 Boys 100 Meter Dash UNDER 18	Finals
6:55 PM	#8 Girls 100 Meter Dash UNDER 20	Finals
7:00 PM	#9 Boys 100 Meter Dash UNDER 20	Finals
	MEDAL PRESENTATION	





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### Session: 3 SUNDAY 27TH MARCH - MORNING

#### Day 2 - Sunday 27/03/2016 - Starts at 09:00 AM

	<b>Event</b>	<b>Round</b>
9:00 AM	#4 Heptathlon: #5 Girls Long Jump OPEN	Finals
9:05 AM	#5 Octathlon: #5 Boys 110 Meter Hurdles OPEN	Finals
9:10 AM	#23 Girls Discus Throw UNDER 18	Finals
9:15 AM	#24 Girls 400 Meter Hurdles UNDER 18	Prelims
9:25 AM	#25 Girls 400 Meter Hurdles UNDER 20	Prelims
9:35 AM	#26 Boys 400 Meter Hurdles UNDER 18	Prelims
9:45 AM	#27 Boys 400 Meter Hurdles UNDER 20	Prelims
9:55 AM	#28 Girls 800 Meter Run UNDER 18	Prelims
10:05 AM	#29 Boys 800 Meter Run UNDER 18	Prelims
10:15 AM	#30 Girls 800 Meter Run UNDER 20	Prelims
10:25 AM	#31 Boys 800 Meter Run UNDER 20	Prelims
10:30 AM	#5 Octathlon: #6 Boys High Jump OPEN	Finals
10:35 AM	#4 Heptathlon: #6 Girls Javelin Throw OPEN	Finals
10:35 AM	#32 Girls 200 Meter Dash UNDER 18	Prelims
10:50 AM	#33 Boys 200 Meter Dash UNDER 18	Prelims
11:05 AM	#34 Girls 200 Meter Dash UNDER 20	Prelims
11:20 AM	#35 Boys 200 Meter Dash UNDER 20	Prelims
	MEDAL PRESENTATION	

### Session: 4 SUNDAY 27TH MARCH - EVENING

#### Day 2 - Sunday 27/03/2016 - Starts at 4:00 PM

	<b>Event</b>	<b>Round</b>
4:00 PM	#36 Boys High Jump UNDER 18	Finals
4:05 PM	#37 Girls Long Jump UNDER 18	Finals
4:10 PM	#5 Octathlon: #7 Boys Javelin Throw OPEN	Finals





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4:15 PM	#38	Boys Shot Put UNDER 18	Finals
4:20 PM	#39	Girls Triple Jump UNDER 20	Finals
4:25 PM	#40	Girls 4x100 Meter Relay UNDER 18	Prelims
4:40 PM	#41	Boys 4x100 Meter Relay UNDER 18	Prelims
4:55 PM	#42	Girls 4x100 Meter Relay UNDER 20	Prelims
5:10 PM	#43	Boys 4x100 Meter Relay UNDER 20	Prelims
5:25 PM	#44	Boys Pole Vault OPEN	Finals
5:25 PM	#24	Girls 400 Meter Hurdles UNDER 18	Finals
5:35 PM	#25	Girls 400 Meter Hurdles UNDER 20	Finals
		MEDAL PRESENTATION	
5:55 PM	#26	Boys 400 Meter Hurdles UNDER 18	Finals
6:05 PM	#27	Boys 400 Meter Hurdles UNDER 20	Finals
6:15 PM	#45	Boys Javelin Throw UNDER 20	Finals
6:20 PM	#46	Boys Long Jump UNDER 20	Finals
		MEDAL PRESENTATION	
6:20 PM	#32	Girls 200 Meter Dash UNDER 18	Semis
6:30 PM	#33	Boys 200 Meter Dash UNDER 18	Semis
6:40 PM	#34	Girls 200 Meter Dash UNDER 20	Semis
6:50 PM	#35	Boys 200 Meter Dash UNDER 20	Semis
7:00 PM	#4	Heptathlon: #7 Girls 800 Meter Dash OPEN	Finals
7:05 PM	#5	Octathlon: #8 Boys 1500 Meter Dash OPEN	Finals
7:20 PM	#47	Girls Discus Throw UNDER 20	Finals
		MEDAL PRESENTATION	
7:25 PM	#48	Girls 3000 Meter Run OPEN	Finals
7:45 PM	#49	Boys 3000 Meter Run UNDER 18	Finals
		MEDAL PRESENTATION	
8:10 PM	#40	Girls 4x100 Meter Relay UNDER 18	Finals
8:15 PM	#41	Boys 4x100 Meter Relay UNDER 18	Finals
		MEDAL PRESENTATION	
8:30 PM	#42	Girls 4x100 Meter Relay UNDER 20	Finals
8:35 PM	#43	Boys 4x100 Meter Relay UNDER 20	Finals





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### MEDAL PRESENTATION

#### Session: 5 MONDAY 28TH MARCH - MORNING

#### Day 3 - Monday 28/03/2016 - Starts at 09:00 AM

	<b>Event</b>	<b>Round</b>
9:00 AM	#50 Girls Javelin Throw UNDER 18	Finals
9:05 AM	#51 Girls High Jump UNDER 20	Finals
9:10 AM	#52 Boys Long Jump UNDER 18	Finals
9:15 AM	#53 Girls 100 Meter Hurdles UNDER 18	Prelims
9:35 AM	#54 Girls 100 Meter Hurdles UNDER 20	Prelims
9:55 AM	#55 Boys 110 Meter Hurdles UNDER 18	Prelims
10:05 AM	#56 Boys 110 Meter Hurdles UNDER 20	Prelims
10:25 AM	#57 Girls 4x400 Meter Relay UNDER 18	Prelims
10:45 AM	#58 Boys 4x400 Meter Relay UNDER 18	Prelims
10:55 AM	#59 Girls 4x400 Meter Relay UNDER 20	Prelims
9:00 AM	#60 Boys 4x400 Meter Relay UNDER 20	Prelims

### MEDAL PRESENTATION

#### Session: 6 MONDAY 29TH MARCH - EVENING

#### Day 3 - Monday 28/03/2016 - Starts at 4:00 PM

	<b>Event</b>	<b>Round</b>
4:00 PM	#61 Girls Javelin Throw UNDER 20	Finals
4:05 PM	#62 Girls Triple Jump UNDER 18	Finals
4:10 PM	#63 Boys Shot Put UNDER 20	Finals
4:15 PM	#53 Girls 100 Meter Hurdles UNDER 18	Finals
4:25 PM	#54 Girls 100 Meter Hurdles UNDER 20	Finals
4:35 PM	#55 Boys 110 Meter Hurdles UNDER 18	Finals
4:45 PM	#56 Boys 110 Meter Hurdles UNDER 20	Finals





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5:00 PM	#64	Boys Triple Jump UNDER 20	Finals
5:05 PM	#65	Boys Discus Throw UNDER 18	Finals
		MEDAL PRESENTATION	
5:05 PM	#28	Girls 800 Meter Run UNDER 18	Finals
5:10 PM	#29	Boys 800 Meter Run UNDER 18	Finals
5:15 PM	#30	Girls 800 Meter Run UNDER 20	Finals
5:20 PM	#31	Boys 800 Meter Run UNDER 20	Finals
		MEDAL PRESENTATION	
5:40 PM	#32	Girls 200 Meter Dash UNDER 18	Finals
5:45 PM	#33	Boys 200 Meter Dash UNDER 18	Finals
		MEDAL PRESENTATION	
5:50 PM	#34	Girls 200 Meter Dash UNDER 20	Finals
5:55 PM	#35	Boys 200 Meter Dash UNDER 20	Finals
		MEDAL PRESENTATION	
6:20 PM	#66	Boys 5000 Meter Run UNDER 20	Finals
		MEDAL PRESENTATION	
6:45 PM	#57	Girls 4x400 Meter Relay UNDER 18	Finals
6:55 PM	#58	Boys 4x400 Meter Relay UNDER 18	Finals
		MEDAL PRESENTATION	
7:05 PM	#59	Girls 4x400 Meter Relay UNDER 20	Finals
7:15 PM	#60	Boys 4x400 Meter Relay UNDER 20	Finals
		MEDAL PRESENTATION	
		CLOSING CEREMONY	

