

| OPEN PROGRAM 1 | | | | | |
|-------------------------------|---------------|--------------------|-------|-------------|-----------------|
| 12 January - 16 February 2019 | | | | | |
| TRACK | | | FIELD | | |
| Time | Event | Age Group | Time | Event | Age Group |
| 13:00 | 110m Hurdles | Youth/Junior/Men | 13:00 | High Jump | Women/ All |
| | 100m Hurdles | Youth/Junior/Women | | Long Jump | Men/All |
| 13:20 | 5000m Walk | All | | | |
| 13:40 | 800m | Youth Women | | | |
| | 800m | Junior & Women | | | |
| | 800m | Youth Men | | | |
| | 800m | Junior & Men | | | |
| | 800m | Senior Men | | | |
| 14:00 | 400m Hurdles | Women/Jun/Youth | 14:00 | Long Jump | Women/All |
| | 400m Hurdles | Men/ Junior/Youth | | Discus | Men & Women |
| 14:30 | 100m | Women/Juniors | | | |
| | 100m | Youth Women | | | |
| | 100m | Men/Juniors | | | |
| | 100m | Youth Men | | | |
| 15:00 | 1500m | Women/Juniors | 15:00 | High Jump | Men/All |
| | 1500m | Youth Women | | Javelin | Men & Women |
| | 1500m | Men/Juniors | | Triple Jump | Women/All |
| | 1500m | Youth Men | | | |
| 15:30 | 400m | Women/Juniors | | | |
| | 400m | Youth | | | |
| | 400m | Men/Juniors | | | |
| | 400m | Youth Men | | | |
| 15:45 | 10000m | Women/Juniors | | | |
| | 10000m | Men/Juniors | | | |
| 16:10 | 200m | Women/Juniors | 16:00 | Triple Jump | Youth/Junior Me |
| | 200m | Youth Women | | Shot Put | Men/All |
| | 200m | Men/Juniors | | | Women/All |
| | 200m | Youth Men | | | |
| 16:30 | 3000m Steeple | Men | 16:30 | Hammer | Men & Women |
| | 3000m Steeple | Junior Men | | Triple Jump | Men |
| | 3000m Steeple | Women All | | | |
| | 2000m Steeple | Youth Men | | | |
| | 2000m Steeple | Youth Women | | | |

NB: Please note the below age groups for the following meeting:

Youth- Under 18= Born in 2003 and 2002

Junior- Under 20 = Born in 2001 and 2000

Senior = 20 year and older in 2019

Meeting Held Under the Rules of IAAF, ASA & CGA