



**GIBRALTAR 2019**  
NatWest International  
Island Games XVIII

# Athletics

Schedule & Seeding Draws and Qualifications  
(as of 19<sup>th</sup> March 2019)



**Gibraltar 2019  
Athletics Schedule (as of 19/03/19)**

**Sunday 7th July 2019**

<b>Event</b>		<b>Heat/Final</b>	<b>Time</b>	<b>Comment</b>
100m	Women	Heat 1	10.30	
		Heat 2	10.40	
		Heat 3	10.50	
		Heat 4	11.00	
200m	Men	Heat 1	11.15	
		Heat 2	11.25	
		Heat 3	11.35	
		Heat 4	11.45	
400m	Women	Heat 1	12.00	
		Heat 2	12.10	
		Heat 3	12.20	
		Heat 4	12.30 - 13.00	
Long Jump	Women	<b>Final</b>	16.30	
High Jump	Men	<b>Final</b>	16.30	
800m	Men	Heat 1	17.30	
		Heat 2	17.40	
		Heat 3	17.50	
1500m	Women	Heat 1	18.05	
		Heat 2	18.15	
Long Jump	Women		18.30	Medal Ceremony
High Jump	Men		18.45	Medal Ceremony
10000m	Men	<b>Final</b>	19.00 - 20.00	

**Monday 8th July 2019**

<b>Event</b>		<b>Heat/Final</b>	<b>Time</b>	<b>Comment</b>
400m Hurdles	Men	Heat 1	10.30	
		Heat 2	10.40	
100m	Women	Semi final 1	10.55	
		Semi final 2	11.05	
10000m	Men		11.20	Medal Ceremony
800m	Men	Semi final 1	11.35	
		Semi final 2	11.45	
200m	Men	Semi final 1	12.00	
		Semi final 2	12.10 – 12.30	
Shot Put	Men	<b>Final</b>	16.30	
400m Hurdles	Men	<b>Final</b>	17.30	
100m	Women	<b>Final</b>	17.45	
200m	Men	<b>Final</b>	18.00	
400m Hurdles	Men		18.15	Medal Ceremony
100m	Women		18.25	Medal Ceremony
200m	Men		18.35	Medal Ceremony
400m	Women	Semi final 1	18.50	
		Semi final 2	19.00	
3000m SC	Men	<b>Final</b>	19.15	
Shot Put	Men		19.40	Medal Ceremony
3000m SC	Men		19.50	Medal Ceremony
10000m	Women	<b>Final</b>	20.00 – 21.00	

**Tuesday 9th July 2019**

<b>Event</b>		<b>Heat/Final</b>	<b>Time</b>	<b>Comment</b>
Shot Put	Women	<b>Final</b>	16.30	
Discus	Men	<b>Final</b>	16.30	
100m Hurdles	Women	Heat 1	16.45	
		Heat 2	16.55	
110m Hurdles	Men	Heat 1	17.15	
		Heat 2	17.25	
10000m	Women		17.40	Medal Ceremony
4x100m Relay	Women	Heat 1	17.55	
		Heat 2	18.05	
4x100m Relay	Men	Heat 1	18.20	
		Heat 2	18.30	
400m	Women	<b>Final</b>	18.45	
800m	Men	<b>Final</b>	19.00	
400m	Women		19.15	Medal Ceremony
800m	Men		19.25	Medal Ceremony
1500m	Women	<b>Final</b>	19.40	
Shot Put	Women		19.55	Medal Ceremony
1500m	Women		20.05	Medal Ceremony
110m Hurdles	Men	<b>Final</b>	20.20	
100m Hurdles	Women	<b>Final</b>	20.35 – 21.00	

**Wednesday 10th July 2019**

<b>Event</b>		<b>Heat/Final</b>	<b>Time</b>	<b>Comment</b>
100m	Men	Heat 1	10.00	
		Heat 2	10.10	
		Heat 3	10.20	
		Heat 4	10.30	
200m	Women	Heat 1	10.40	
		Heat 2	10..5	
		Heat 3	11.00	
		Heat 4	11.10	
400m	Men	Heat 1	11.20	
		Heat 2	11.30	
		Heat 3	11.40	
		Heat 4	1.50	
800m	Women	Heat 1	12.00	
		Heat 2	12.10	
		Heat 3	12.20	
1500m	Men	Heat 1	12.35	
		Heat 2	12.50 – 13.00	
High Jump	Women	<b>Final</b>	16.30	
Long Jump	Men	<b>Final</b>	16.30	
4x400m Relay	Women	Heat 1	17.00	
		Heat 2	17.15	
4x400m Relay	Men	Heat 1	17.30	
		Heat 2	17.45	
110m Hurdles	Men		18.00	Medal Ceremony
100m Hurdles	Women		18.10	Medal Ceremony
Discus	Men		18.20	Medal Ceremony
5000m	Women	<b>Final</b>	18.30	
High Jump	Women		19.15	Medal Ceremony
Long Jump	Men		19.25	Medal Ceremony
5000m	Women		19.35	Medal Ceremony
5000m	Men	<b>Final</b>	20.00 – 20.30	

**Thursday 11th July 2019**

<b>Event</b>		<b>Heat/Final</b>	<b>Time</b>	<b>Comment</b>
400m Hurdles	Women	Heat 1	10.00	
		Heat 2	10.10	
5000m	Men		10.30	Medal Ceremony
100m	Men	Semi final 1	10.45	
		Semi final 2	10.55	
400m	Men	Semi final 1	11.10	
		Semi final 2	11.20	
200m	Women	Semi final 1	11.35	
		Semi final 2	11.45 – 12.00	
Discus	Women	<b>Final</b>	16.30	
Triple Jump	Women	<b>Final</b>	16.30	
400m Hurdles	Women	<b>Final</b>	17.00	
100m	Men	<b>Final</b>	17.15	
200m	Women	<b>Final</b>	17.30	
400m	Men	<b>Final</b>	17.45	
400m Hurdles	Women		18.00	Medal Ceremony
100m	Men		18.10	Medal Ceremony
200m	Women		18.20	Medal Ceremony
400m	Men		18.30	Medal Ceremony
Discus	Women		18.40	Medal Ceremony
Triple Jump	Women		18.50	Medal Ceremony
3000m SC	Women	<b>Final</b>	19.40	
3000m SC	Women		20.00 – 20.30	Medal Ceremony

## Friday 12th July 2019

<b>Event</b>		<b>Heat/Final</b>	<b>Time</b>	<b>Comment</b>
Half Marathon	Men	<b>Final</b>	10.00	
Half Marathon	Women	<b>Final</b>	10.00	
Half Marathon Team Men		<b>Final</b>	10.00	
Half Marathon Team Women		<b>Final</b>	10.00 – 12.00	
Triple Jump	Men	<b>Final</b>	15.00	
Half Marathon	Men		15.05	Medal Ceremony
Half Marathon	Women		15.15	Medal Ceremony
Half Marathon Team Men			15.25	Medal Ceremony
Half Marathon Team Women			15.35	Medal Ceremony
4x100m Relay	Women	<b>Final</b>	15.45	
4x100m Relay	Men	<b>Final</b>	16.00	
800m	Women	<b>Final</b>	16.15	
1500m	Men	<b>Final</b>	16.30	
4x400m Relay	Women	<b>Final</b>	16.45	
4x400m Relay	Men	<b>Final</b>	17.00	
Triple Jump	Men		17.10	Medal Ceremony
4x100m Relay	Women		17.20	Medal Ceremony
4x100m Relay	Men		17.30	Medal Ceremony
4x400m Relay	Women		17.40	Medal Ceremony
4x400m Relay	Men		17.50	Medal Ceremony
800m	Women		18.00	Medal Ceremony
1500m	Men		18.10 – 18.30	Medal Ceremony

**Gibraltar 2019**  
**Athletics Seeding Draws and Qualifications (as of 19/03/19)**

MEN			WOMAN		
Event			Event		
<b>100m</b>	27 athletes		<b>100m</b>	26 athletes	
	4 heats (7,7,7&6)	1st 3 and 4 best times		4 heats (7,7,6&6)	1st 3 and 4 best times
	2 Semi finals	1st 3 and 2 best times		2 Semi finals	1st 3 and 2 best times
<b>110m H</b>	14 athletes		<b>100m H</b>	16 athletes	
	2 heats (7 & 7)	1st 3 and 2 best times		2 heats (8 & 8)	1st 3 and 2 best times
<b>200m</b>	29 athletes		<b>200m</b>	28 athletes	
	4 heats (8,7,7&7)	1st 3 and 4 best times		4 heats (7,7,7&7)	1st 3 and 4 best times
	2 Semi finals	1st 3 and 2 best times		2 Semi finals	1st 3 and 2 best times
<b>400m</b>	29 athletes		<b>400m</b>	25 athletes	
	4 heats (8,7,7&7)	1st 3 and 4 best times		4 heats (7,6,6&6)	1st 3 and 4 best times
	2 Semi finals	1st 3 and 2 best times		2 Semi finals	1st 3 and 2 best times
<b>400m H</b>	14 athletes		<b>400m H</b>	14 athletes	
	2 heats (7 & 7)	1st 3 and 2 best times)		2 heats (7 & 7)	1st 3 and 2 best times)
<b>800m</b>	26 athletes		<b>800m</b>	25 athletes	
	3 heats(10,8&8)	1st 2 and 2 best times		3 heats(9,8,&8)	1st 2 and 2 best times
<b>1500m</b>	22 athletes		<b>1500m</b>	22 athletes	
	2 heats (11 x 2)	1st 4 and 4 best times		2 heats (11 x 2)	1st 4 and 4 best times
<b>3000m SC</b>	10 athletes	Straight final	<b>3000m SC</b>	8 athletes	Straight final
<b>5000m</b>	23 athletes	Straight final	<b>5000m</b>	24 athletes	Staight final
<b>10000m</b>	25 athletes	Straight final	<b>10000m</b>	25 athletes	Straight final
<b>4 x 100m</b>	12 teams		<b>4 x 100m</b>	13 teams	
	2 heats (6 & 6)	1st 2 and 4 best times		2 heats (7 & 6)	1st 2 and 4 best times
<b>4 x 400m</b>	11 teams		<b>4 x 400m</b>	12 teams	
	2 heats (6 & 5)	1st 2 and 4 best times		2 heats (6 & 6)	1st 2 and 4 best times
<b>High Jump</b>	17 athletes		<b>High Jump</b>	18 athletes	
	2 heats (8 & 9)	Best 6 in each heat after 3 jumps		2 heats (9 & 9)	Best 6 in each heat after 3 jumps
	Final 12 athletes	After 3 jumps, best 8 proceed to 6 jumps		Final 12 athletes	After 3 jumps, best 8 proceed to 6 jumps
<b>Long Jump</b>	23 athletes		<b>Long Jump</b>	24 athletes	
	2 heats (12 & 11)	Best 6 in each heat after 3 jumps		2 heats (12 & 12)	Best 6 in each heat after 3 jumps
	Final 12 athletes	After 3 jumps, best 8 proceed to 6 jumps		Final 12 athletes	After 3 jumps, best 8 proceed to 6 jumps
<b>Triple Jump</b>	18 athletes		<b>Triple Jump</b>	17 athletes	
	2 heats (9 & 9)	Best 6 in each heat after 3 jumps		2 heats (9 & 8)	Best 6 in each heat after 3 jumps
	Final 12 athletes	After 3 jumps, best 8 proceed to 6 jumps		Final 12 athletes	After 3 jumps, best 8 proceed to 6 jumps
<b>Shot put</b>	12 athletes		<b>Shot put</b>	19 athletes	
	Final	After 3 throws, best 8 proceed to 6 throws		2 heats (10 & 9)	Best 6 in each heat after 3 throws
				Final 12 athletes	After 3 throws, best 8 proceed to 6 throws
<b>Discus</b>	13 athletes		<b>Discus</b>	16 athletes	
	Final	After 3 throws, best 8 proceed to 6 throws		2 heats (8 & 8)	Best 6 in each heat after 3 throws
				Final 12 athletes	After 3 throws, best 8 proceed to 6 throws
<b>Half Marathon</b>	38 athletes	Straight final	<b>Half Marathon</b>	34 athletes	Straight final
	9 Teams			10 Teams	