

Kwai Tsing District Age Group Athletic Meet 2018
【Competition Schedule】

Time	Men						Women					
	Master	Adult	Youth C	Youth D	Youth E	Children	Master	Adult	Youth C	Youth D	Youth E	Children
9:00	110m Hurdle(F)*	110m Hurdle(F)*	110m Hurdle(F)*	100m Hurdle(F)*	High Jump	Long Jump A		100m Hurdle(F)*	100m Hurdle(F)*	100m Hurdle(F)*	Long Jump B	
					Softball							Softball
			200m(H)	200m(H)	200m(H)							
										200m(H)	200m(H)	
					60m(H)	60m(H)					60m(H)	
10:00	Opening Ceremony (Men open and Youth C 4X100m relay and prize presentation)											
			4x100m(F)*									
						Softball						60m(H)
11:00	High Jump	100m(H)	100m(H)	100m(H)			Long Jump B	Long Jump B			Softball	
	Long Jump A	High Jump			100m(H)	100m(H)						
									100m(H)	100m(H)	100m(H)	100m(H)
		Long Jump A							Long Jump B			
12:00	5000m(Open)(F)*						5000m(Open)(F)*					
	Lunch (Pay attention for the on-the-spot announcements)											
14:00	400m(F)*	400m(F)*	400m(F)*					Javelin	Javelin			
			Discus	400m(F)*	400m(F)*		Shot Put	Shot Put	High Jump	High Jump		
			Long Jump A				400m(F)*	400m(F)*	400m(F)*	Long Jump B		
				Javelin					Shot Put	400m(F)*	400m(F)*	
	1500m(F)*	1500m(F)*	1500m(F)*	1500m(F)*			1500m(F)*	1500m(F)*				
15:00	Discus	Discus		Long Jump A					1500m(F)*	1500m(F)*	High Jump	
	200m(F)*	200m(F)*	Javelin	Shot Put						Discus		
			200m(F)*	200m(F)*	200m(F)*							Long Jump B
							200m(F)*	200m(F)*	200m(F)*	200m(F)*	200m(F)*	
					60m(F)*	60m(F)*					60m(F)*	60m(F)*
	800m(F)*	800m(F)*	800m(F)*	800m(F)*								
16:00	Shot Put	Shot Put	High Jump		Long Jump A		800m(F)*	800m(F)*	800m(F)*	800m(F)*		
	100m(F)*	100m(F)*	100m(F)*				Discus	Discus				
	Javelin	Javelin	Shot Put	100m(F)*	100m(F)*	100m(F)*			Discus			
	Triple Jump(Open)(F)* B						100m(F)*	100m(F)*	100m(F)*	100m(F)*	100m(F)*	100m(F)*
										Javelin		
17:00	4x400m(F)*			4x100m(F)*	4x100m(F)*	4x100m(F)*				Shot Put		
				High Jump					4x100m(F)*	4x100m(F)*		
				Discus							4x100m(F)*	4x100m(F)*
			4x400m(F)*	4x400m(F)*	4x400m(F)*				4x400m(F)*	4x400m(F)*	4x400m(F)*	
End												

Remarks:

1. The schedule for each division on the competition day should follow the on-the-spot announcements.
2. First Call for the morning session is on 8:25 and for the afternoon session is on 13:25. Please pay attention to the announcements.
3. Athletes should arrive Tsing Yi Sports Ground at 8:25 or one hour ahead for the call.
4. There are only 3 announcements for Roll Call: Track: First Call (25 minutes before the race), Final Call (20 minutes before the race) and End Call (15 minutes before the race);
Field: First Call (35 minutes before the race), Final Call (30 minutes before the race) and End Call (25 minutes before the race).
5. If the participant fails to turn up at the specified location upon the final call, he/she will be deemed to have forfeited his/her right of participation.