

**The 46th Yuen Long District Athletic Meet  
【 Competition Schedule 】**

**Day 1 : 4/11/2023 (Saturday) 1400 - 1900**

Division Time	Male Master	Male Adult	Male Youth Division E	Male Youth Division F	Female Master	Female Adult	Female Youth Division E	Female Youth Division F
1330	<b>Participant Registration</b>							
1345	<b>Roll Call</b>							
1400	High Jump	Long Jump	60m(Preliminary)	60m(Preliminary)	Javelin	Javelin	60m(Preliminary)	60m(Preliminary)
1515		High Jump	400m(Final)			High Jump	400m(Final)	
	Javelin				Long Jump	Long Jump		
1530				100m(Preliminary)				100m(Preliminary)
1600				Long Jump	Discus		High Jump	Softball
			60m(Final)	60m(Final)			60m(Final)	60m(Final)
1630				Softball				Long Jump
1700	Discus			100m(Final)	Shot Put	Shot Put		100m(Final)
1730				4x100m(Final)				4x100m(Final)
			Long Jump					

**Remarks:**

- 1. This schedule for each division is for reference only, participants should follow the on-the-spot announcements on the competition day.**
- 2. Athletes should arrive Tin Shui Wai Sports Ground one hour ahead for reporting and the roll call.**
- 3. The marshal will make two roll call announcements for each event. First Call (20 minutes before event) & Final Call (5 minutes before event)**
- 4. When the marshal makes the roll call announcement, participants who take part in Track Events should report to the marshal. Participants who take part in field events should report to respective field area.**

## The 46th Yuen Long District Athletic Meet 【 Competition Schedule 】

**Day 2 : 5/11/2023 (Sunday) 0900 - 1900**

Division Time	Male Master	Male Adult	Male Youth Division C	Male Youth Division D	Male Youth Division E	Female Master	Female Adult	Female Youth Division C	Female Youth Division D	Female Youth Division E
0830	<b>Participant Registration</b>									
0845	<b>Roll Call for Morning Session</b>									
0900	5000m(Final)				Softball	5000m(Final)				
			Javelin	Javelin	High Jump				Shot Put	Long Jump
0945	100m(Final)		100m (Preliminary)	100m (Preliminary)	100m (Preliminary)	100m(Final)	100m (Final)	100m (Preliminary)	100m (Preliminary)	100m (Preliminary)
			Long Jump	Shot Put				Javelin	Javelin	
	<b>Opening Ceremony (Male Youth Division C - 4 x100m)</b>									
1130	800m(Final)	800m(Final)	800m(Final)	800m(Final)		800m(Final)	800m(Final)	800m(Final)	800m(Final)	
1130	400m(Final)		400m(Final)	400m(Final)		400m(Final)		400m(Final)	400m(Final)	
			Shot Put					Discus/ Long Jump	High Jump	Softball
1215				4x100m(Final)	4x100m(Final)			4x100m(Final)	4x100m(Final)	4x100m(Final)
1300	<b>Lunch</b>									
1345	<b>Roll Call for Afternoon Session</b>									
1400			100m(Final)	100m(Final)	100m(Final)			100m(Final)	100m(Final)	100m(Final)
				Long Jump						
1445			110m Hurdle (Final)	100m Hurdle (Final)			100m Hurdle (Final)	100m Hurdle (Final)	100m Hurdle (Final)	
	Triple Jump								Discus	
1510	200m(Final)		200m (Preliminary)	200m (Preliminary)	200m (Preliminary)	200m(Final)	200m(Final)	200m (Preliminary)	200m (Preliminary)	200m (Preliminary)
	Long Jump							Shot Put		
1530	1500m(Final)	1500m(Final)	1500m(Final)	1500m(Final)		1500m(Final)	1500m(Final)	1500m(Final)	1500m(Final)	
	Shot Put		High Jump/ Discus						Long Jump	
1630			200m(Final)	200m(Final)	200m(Final)			200m(Final)	200m(Final)	200m(Final)
								High Jump		
1645	4x400m(Final)		4x400m(Final)	4x400m(Final)	4x400m(Final)	4x400m(Final)		4x400m(Final)	4x400m(Final)	4x400m(Final)

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