

Eastern District Age Group Athletic Meet 2024

[Competition Schedule]

Date : 24 November 2024 (Sunday)

Venue : Siu Sai Wan Sports Ground

Time	Men						Women						
	MA	MB	MC	MD	ME	MF	FA	FB	FC	FD	FE	FF	
8:00	Registration												
8:25	First Event's Roll Call (Morning)												
8:45	110m Hurdle (F)*	110m Hurdle (F)*		100m Hurdle (F)*			100m Hurdle (F)*	100m Hurdle (F)*					
					High Jump	Softball	Shot Put	Shot Put			Long Jump (Sand Pit B)		
	200m (H)			200m (H)	200m (H)					200m (H)	200m (H)		
10:00		Long Jump (Sand Pit A)	Long Jump (Sand Pit A)	Long Jump (Sand Pit A)									
	High Jump	High Jump			60m (H)	60m (H)					60m (H)	60m (H)	
		Discus	Discus	Discus									
10:30	Ceremony												
11:30	800m (F)*						800m (F)*						Softball
	Long Jump (Sand Pit A)		High Jump	High Jump			Long Jump (Sand Pit B)	Long Jump (Sand Pit B)	Long Jump (Sand Pit B)	Long Jump (Sand Pit B)			
	100m (H)			100m (H)	100m (H)	100m (H)	100m (H)			100m (H)	100m (H)	100m (H)	
		Shot Put	Shot Put	Shot Put									
13:00	Lunch												
13:25	First Event's Roll Call (Afternoon)												
14:00					Long Jump (Sand Pit A)	Long Jump (Sand Pit B)	Discus				Softball		
	400m (F)*	400m (F)*	400m (F)*	400m (F)*	400m (F)*		High Jump	High Jump	High Jump	High Jump			
							400m (F)*	400m (F)*	400m (F)*	400m (F)*	400m (F)*		
15:00	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	100m (F)	
											High Jump		
	1500m (F)*						1500m (F)*						
16:00	200m (F)	200m (F)	200m (F)	200m (F)	200m (F)		200m (F)	200m (F)	200m (F)	200m (F)	200m (F)		
					Softball							Long Jump (Sand Pit A)	
	Triple Jump* (Sand Pit B)					60m (F)	60m (F)				60m (F)	60m (F)	
	5000m(F)*						5000m(F)*						
17:00	4x100m(F)*				4x100m(F)*	4x100m(F)*	4x100m(F)*						
							4x100m(F)*					4x100m(F)*	4x100m(F)*
	4x400m(F)*												

* No preliminary rounds will be held for all filed events, relay event and mark with *event, the ranking will be determined according to the participants' best records.

Remarks:

1. This schedule for each division is for reference only, participants should follow the on-the-spot announcements on the competition day.
2. The first event's roll call time would be 8:25 am and 13:25 pm for morning section and afternoon section respectively. Participants please refer to the announcement made on the con
3. Athletes should arrive Siu Sai Wan Sports Ground at 8:00 or one hour ahead for reporting and the roll call.
4. The Marshal will make two roll call announcement for each event, First Call (20 minutes before event) & Final Call (10 minutes before event).
5. The marshal of Track Events is located at the spectator area near the starting point of 100m (Section 29). Participants who take part in Field Events should report to respective field a
6. If only 8 or less turn up for marshalling, the event will be held at the time scheduled for the final.
7. If organization have more than one team for relay event, please remind the athletes for their respective team name to avoid misunderstanding.
8. The Organizer shall have the right to change the time of all the events.