

**HONG KONG AMATEUR ATHLETIC ASSOCIATION
XTEP HONG KONG ATHLETIC LEAGUE 2010--ROUND 1**

20-21 MARCH 2010

Entry Deadline --- 26 February 2010 (Friday)

TSEUNG KWAN O SPORTS GROUND

ORDER OF EVENTS

DAY ONE - 20 MARCH 2010

TIME	MEN		WOMEN	
	TRACK	FIELD	TRACK	FIELD
15:00	400mH(H)		400mH(H)	Javelin Throw
	200m(H)			
		Long Jump	200m(H)	
	800m(H)			Triple Jump
			800m(H)	
	5000m(F)			
		Javelin Throw	5000m(F)*	
	400mH(F)		400mH(F)	
	200m(F)		200m(F)	
	800m(F)		800m(F)	
	4X400m(F)		4X400m(F)	

ORDER OF EVENTS

DAY TWO - 21 MARCH 2010

TIME	MEN		WOMEN	
	TRACK	FIELD	TRACK	FIELD
08:30	10000m(F)*	Hammer Throw		
		Pole Vault	10000m(F)	
	110mH(H)	Triple Jump		High Jump
		Shot Put	100mH(H)	Discus Throw
	1500m(F)			
			1500m(F)	
	100m(H)			
			100m(H)	
	400m(H)			
			400m(H)	Hammer Throw
L U N C H T I M E				
14:00	110mH(F)	High Jump	100mH(F)	Long Jump
		Discus Throw		Pole Vault
	100m(F)		100m(F)	Shot Put
	400m(F)		400m(F)	
	3000mSC(F)		3000mSC(F)	
	4X100m(F)		4X100m(F)	

* 如有田項需要舉行合格賽，女子5000米及男子10000米將會於合格賽當晚（即賽事舉行前之星期三）進行。詳情將會另行通知。

* In case of Selection round for field events will be held, Women's 5000m and Men's 10000m will be held during the Selection Round (Wednesday before the competition date). Details will be informed later.

報名辦法：填妥報名表後，請連同回郵信封及劃線支票，支票抬頭“香港業餘田徑總會有限公司”，寄或交往香港銅鑼灣掃桿埔大球場徑一號奧運大樓2015室

查詢：(電話)2504 8215 / (電郵) inquiry@hkaaa.com / (網址) www.hkaaa.com

Application: Please return the completed entry form, self-addressed and stamped envelope, and a crossed cheque payable to

"Hong Kong Amateur Athletic Association Ltd" to: Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK

Enquiry: (Tel) 2504 8215 / (Email) inquiry@hkaaa.com / (Website) www.hkaaa.com