

**HONG KONG AMATEUR ATHLETIC ASSOCIATION**  
**HONG KONG ATHLETIC LEAGUE 2006--FINAL**  
**15 OCTOBER 2006**  
**WANCHAI SPORTS GROUND**

**TIMETABLE**

	Roll Call Time			Men		Women	
Time	Track	Hurdles	Field	Track	Field	Track	Field
09:00	0840-0850		0815-0825	1500m	Long Jump		Discus Throw
09:15	0855-0905		0830-0840		Pole Vault	800m	
09:25	0905-0915		0840-0850	10000m	Shot Put		
10:00			0915-0925		Javelin Throw		
10:20		0955-1005	0935-0945	400mH		400mH	High Jump
10:35	1015-1025		0950-1000			5000m	Triple Jump
11:00			1015-1025				Javelin Throw
11:10	1050-1100			200m		200m	
11:30		1105-1115		110mH		100mH	
12:15	1155-1205		1130-1140	3000m SC	Hammer Throw		
<b>Lunch Time</b>							
14:00			1315-1325		Triple Jump		Shot Put
14:30	1410-1420		1345-1355	400m		400m	Pole Vault
14:50	1430-1440		1405-1415	100m	High Jump	100m	Hammer Throw
15:20	1500-1510			5000m			
15:55	1535-1545		1510-1520		Discus Throw	10000m	Long Jump
16:50	1630-1640			800m			
17:00	1640-1650					1500m	