

**HONG KONG AMATEUR ATHLETIC ASSOCIATION
HONG KONG ATHLETIC LEAGUE 2006--ROUND 4
9 - 10 SEPTEMBER 2006**

**Deadline of Entry---28 August 2006 (Monday)
SHING MUN VALLEY SPORTS GROUND**

ORDER OF EVENTS

DAY ONE - 9 SEPTEMBER 2006

TIME	MEN		WOMEN	
	TRACK	FIELD	TRACK	FIELD
14:00	400mH(H)	Triple Jump	400mH(H)	
	200m(H)	Javelin Throw		
			200m(H)	
	800m(H)			Long Jump
			800m(H)	
	5000m(F)			
			5000m(F)	Javelin Throw
	400mH(F)		400mH(F)	
	200m(F)		200m(F)	
	800m(F)		800m(F)	
	4X400m(H)			
			4X400m(H)	

ORDER OF EVENTS

DAY TWO - 10 SEPTEMBER 2006

TIME	MEN		WOMEN	
	TRACK	FIELD	TRACK	FIELD
08:30	10000m(F)	Shot Put		Discus Throw
		Pole Vault	10000m(F)	High Jump
	110mH(H)			
			100mH(H)	
	1500m(F)			Triple Jump
			1500m(F)	
	100m(H)			
		Hammer Throw	100m(H)	
	400m(H)			
			400m(H)	
	4X100m(H)			
			4X100m(H)	
L U N C H T I M E				
14:00	110mH(F)	Discus Throw	100mH(F)	Pole Vault
		Long Jump		Shot Put
	100m(F)	High Jump	100m(F)	
	400m(F)		400m(F)	Hammer Throw
	3000mSC(F)			
	4X100m(F)		4X100m(F)	
	4X400m(F)		4X400m(F)	

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