

香港業餘田徑總會 HONG KONG AMATEUR ATHLETIC ASSOCIATION
 二零零六年度香港城市田徑挑戰賽 Hong Kong Inter-City Athletics Challenge 2006
 二零零六年七月一日及二日 (星期六及日) 1 & 2 July 2006 (Saturday & Sunday)
 小西灣運動場 Siu Sai Wan Sports Ground

DAY I -- 1 July 2006 (Sat)

TIMETABLE

TIME	Roll Call Time				Decathlon	Men's Junior		Men's Open		Heptathlon	Women's Junior		Women's Open	
	Track	Hurdle	Field	Pole Vault		Track	Field	Track	Field		Track	Field	Track	Field
14:00	1340-1350		1325-1335			800m (H)		800m (H)	Hammer Throw			Triple Jump(B)		
14:15	1355-1405										800m (H)			
14:30	1410-1420	1405-1415	1355-1405		100m		Long Jump(A)			100mH		Shot Put		
14:55		1430-1440		1410-1420		400mH(H)		400mH(H)	Pole Vault					
15:00			1425-1435											Discus Throw
15:10	1450-1500					200m(H)								
15:30	1510-1520		1455-1505		Long Jump(B)			200m(H)		High Jump				
15:40	1520-1530										200m(H)			
16:00	1540-1550		1525-1535			5000m (F)						Discus Throw		
16:25	1605-1615		1550-1600		Shot Put			5000m (F)	Long Jump(B)					
16:30			1555-1605											High Jump
16:50	1630-1640					800m (F)		800m (F)			800m (F)		800m (F)	
17:05		1640-1650				400mH(F)		400mH(F)						
17:10		1645-1655	1635-1645				Javelin Throw				400mH(F)		400mH(F)	
17:20	1700-1710					200m(F)		200m(F)						
17:25	1705-1715		1650-1700		High Jump					Shot Put	200m(F)		200m(F)	
17:40	1720-1730		1705-1715								10000m (F)		10000m (F)	Triple Jump(A)
18:05			1730-1740						Javelin Throw					
18:50	1830-1840				400m					200m				
19:05			1830-1840											Hammer Throw

Event Straight to Final

Women's Junior--400mH

Women's Open--200m, 400m, 800m, 100mH, 400mH

Remarks: All relay competitions will be competed in designated final times only

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二零零六年七月一日及二日 (星期六及日) 1 & 2 July 2006 (Saturday & Sunday)

小西灣運動場 Siu Sai Wan Sports Ground

DAY II -- 2 July 2006 (Sun)

TIMETABLE

TIME	Roll Call Time				Decathlon	Men's Junior		Men's Open		Heptathlon	Women's Junior		Women's Open	
	Track	Hurdle	Field	Pole Vault		Track	Field	Track	Field		Track	Field	Track	Field
08:30	0810-0820					10000m (F)								
09:15	0855-0905		0840-0850					10000m(F)	High Jump	Long Jump(A)				
09:30			0855-0905				Shot Put				Javelin Throw			
10:05		0940-0950	0930-0940		110mH		Triple Jump(B)							
10:10		0945-0955				110mH(H)		110mH(H)						
10:25		1000-1010	0950-1000								100mH(H)	High Jump		
10:40	1020-1030		1005-1015			1500m (F)		1500m (F)	Shot Put					
10:55	1035-1045		1020-1030		Discus Throw						1500m (F)		1500m (F)	
11:15	1055-1105		1040-1050			100m(H)								Long Jump(A)
11:25			1050-1100							Javelin Throw				
11:35	1115-1125							100m(H)						
11:50	1130-1140		1115-1125								100m(H)			Javelin Throw
12:10	1150-1200			1125-1135	Pole Vault								100m(H)	
12:20	1200-1210					400m(H)		400m(H)						
12:45	1225-1235										400m(H)			
LUNCH TIME														
14:30		1405-1415	1355-1405		Javelin Throw	110mH(F)	High Jump	110mH(F)	Triple Jump(B)		100mH(F)		100mH(F)	
14:45	1425-1435			1400-1410				3000m SC (F)						Pole Vault
15:10	1450-1500		1435-1445			100m(F)	Discus Throw	100m(F)			100m(F)		100m(F)	Shot Put
15:25	1505-1515					400m(F)		400m(F)			400m(F)		400m(F)	
15:40	1520-1530		1505-1515								5000m (F)	Long Jump(A)		
16:10	1550-1600		1535-1545						Discus Throw				5000m (F)	
16:40	1620-1630					4X100m(F)		4X100m(F)			4X100m(F)		4X100m(F)	
16:55	1635-1645				1500m					800m				
17:15	1655-1705					4X400m(F)		4X400m(F)			4X400m(F)		4X400m(F)	

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