

HONG KONG AMATEUR ATHLETIC ASSOCIATION
Hong Kong Athletic League 2008 - ROUND 4
27 - 28 September 2008 (Saturday & Sunday)
WANCHAI SPORTS GROUND

DAY ONE - 27 September 2008

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

DAY TWO - 28 September 2008

TIME	MEN		WOMEN	
	TRACK	FIELD	TRACK	FIELD
08:30	10000m(F)	Pole Vault		
		Javelin Throw		High Jump
			10000m(F)	Long Jump
	110mH(H)			Shot Put
			100mH(H)	
	1500m(F)			
	100m(H)	Hammer Throw		
			100m(H)	
	400m(H)			
			400m(H)	
L U N C H T I M E				
13:30	110mH(F)	High Jump	100mH(F)	Javelin Throw
		Shot Put	1500m(F)	Pole Vault
	100m(F)	Triple Jump	100m(F)	
	400m(F)		400m(F)	
	3000mSC(F)			Hammer Throw
	4X100m(F)		4X100m(F)	
	4X400m(F)		4X400m(F)	