

**HONG KONG AMATEUR ATHLETIC ASSOCIATION  
XTEP HONG KONG ATHLETICS LEAGUE 2010--ROUND 2**

**10-11 APRIL 2010**

*Entry Deadline --- 19 March 2010 (Friday)*

**WANCHAI SPORTS GROUND**

**ORDER OF EVENTS**

**DAY ONE - 10 April 2010**

TIME	MEN			WOMEN		
	Track	Field	Decathlon	Track	Field	Heptathlon
09:00			100m			100mH
	400mH (H)	Hammer Throw				
		Pole Vault		400mH (H)	Triple Jump	
	200m (H)		Long Jump			
				200m (H)	Discus Throw	High Jump
	5000m (F)*			5000m (F)		
	800m (H)					
			Shot Put	800m (H)		
<b>L U N C H T I M E</b>						
13:30	400mH (F)	Javelin Throw	High Jump	400mH (F)	Pole Vault	Shot Put
	3000m SC (F)	Triple Jump				
				3000m SC (F)		
	200m (F)			200m (F)		
	800m (F)			800m (F)	Hammer Throw	
			400m			200m
	4X400m (F)			4X400m (F)		

**ORDER OF EVENTS**

**DAY TWO - 11 April 2010**

TIME	MEN			WOMEN		
	Track	Field	Decathlon	Track	Field	Heptathlon
09:00		Discus Throw	110mH			Long Jump
	110mH (H)				High Jump	
				100mH (H)		
	10000m (F)	Long Jump		10000m (F)*		
	400m (H)		Discus Throw		Shot Put	
				400m (H)		
	100m (H)					Javelin Throw
			Pole Vault	100m (H)		
<b>L U N C H T I M E</b>						
13:30	110mH (F)	High Jump	Javelin Throw		Long Jump	
				100mH (F)		
	1500m (F)			1500m (F)		
	400m (F)	Shot Put		400m (F)		
	100m (F)			100m (F)		
			1500m			
					Javelin Throw	800m
	4X100m (F)			4X100m (F)		

\* 如有田項需要舉行合格賽，男子5000米及女子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, Men's 5000m and Women'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