

**HONG KONG AMATEUR ATHLETIC ASSOCIATION**  
**Xtep Hong Kong Athletics League 2010 - Round 3**  
**29 - 30 May 2010 (Saturday & Sunday)**  
**Tseung Kwan O Sports Ground**  
**Timetable**

*DAY ONE - 29 May 2010*

Time	Roll Call Time		MEN		WOMEN	
	Track Events	Field Events	Track	Field	Track	Field
14:00	13:35-13:45	13:15-13:25	400mH(H)	Long Jump		Javelin Throw
14:05		13:20-13:30		Shot Put		
14:25	14:00-14:10				400mH(H)	
14:40	14:15-14:25		200m(H)			
14:55	14:30-14:40				200m(H)	
15:15	14:50-15:00		800m(H)			
15:30	14:55-15:05	14:45-14:55		Javelin Throw	800m(H)	Triple Jump
15:40	15:15-15:25		5000m(F)			
15:45		15:00-15:10				Shot Put
16:15	15:50-16:00		400mH(F)			
16:20	15:55-16:05				400mH(F)	
16:30	16:05-16:15		200m(F)			
16:35	16:10-16:20				200m(F)	
16:45	16:20-16:30		800m(F)			
16:50	16:25-16:35				800m(F)	
16:55	13:30-16:40		4X400m(F)			
17:00	16:35-16:45				4X400m(F)	

*DAY TWO - 30 May 2010*

Time	Roll Call Time		MEN		WOMEN	
	Track Events	Field Events	Track	Field	Track	Field
8:30	8:05-8:15	7:45-7:55			10000m(F)	Hammer Throw
9:00		8:15-8:25		Pole Vault		
9:10		8:25-8:35		Triple Jump		
9:25	9:00-9:10		110mH(H)			
9:30		8:45-8:55				Discus Throw
9:40	9:15-9:25				100mH(H)	
9:55	9:30-9:40		1500m(F)			
10:00		9:15-9:25				High Jump
10:15	9:50-10:00				1500m(F)	
10:30	10:05-10:15		100m(H1-H5)			
10:45	10:20-10:30		100m(H6-H10)			
11:00	10:35-10:45		100m(H11-H13)			
11:15	10:50-11:00				100m(H)	
11:20		10:35-10:45		Hammer Throw		
11:35	11:10-11:20		400m(H)			
11:55	11:30-11:40				400m(H)	

**LUNCH**

14:00		13:15-13:25		High Jump		
14:15		13:30-13:40		Discus Throw		Pole Vault
14:30	14:05-14:15	13:45-13:55	110mH(F)			Long Jump
14:35	14:10-14:20				100mH(F)	
14:45	14:20-14:30		100m(F)			
14:50	14:25-14:35				100m(F)	
15:00	14:35-14:45		400m(F)			
15:10	14:45-14:55				400m(F)	
15:20	14:55-15:05		3000mSC(F)			
15:40	15:15-15:25				3000mSC(F)	
16:00	15:35-15:45		4X100m(F)			
16:05	15:40-15:50				4X100m(F)	