

HONG KONG AMATEUR ATHLETIC ASSOCIATION
Xtep Hong Kong Athletics League 2010 - ROUND 2
10 - 11 April 2010 (Saturday & Sunday)
WANCHAI SPORTS GROUND

Timetable

DAY ONE - 10 April 2010

TIME	Roll Call Time		MEN			WOMEN		
	Track Events	Field Events	Track	Field	Decathlon	Track	Field	Heptathlon
09:00	08:35-08:45				100m			
09:15	08:50-09:00							100mH
09:25		08:40-08:50		Hammer Throw				
09:30		08:45-08:55		Pole Vault				
09:35	09:10-09:20		400mH (H)					
09:45	09:20-09:30	09:00-09:10	200m (H)		Long Jump			
10:00	09:35-09:45	09:15-09:25				200m (H)	Triple Jump	High Jump
10:10	09:45-09:55					5000m (F)		
10:40	10:15-10:25		800m (H)					
10:50		10:05-10:15					Discus Throw	
11:30		10:45-10:55			Shot Put			
L U N C H T I M E								
13:30		12:45-12:55		Javelin Throw	High Jump		Pole Vault	
13:35		12:50-13:00		Triple Jump				
14:00	13:35-13:45	13:15-13:25	400mH (F)					Shot Put
14:05	13:40-13:50					400mH (F)		
14:20	13:55-14:05		3000m SC (F)					
14:50	14:25-14:35					3000m SC (F)		
15:10	14:45-14:55		200m (F)					
15:15	14:50-15:00					200m (F)		
15:20	14:55-15:05							200m
15:35	15:10-15:20		800m (F)					
15:40	15:15-15:25					800m (F)		
15:45		15:00-15:10					Hammer Throw	
15:50	15:25-15:35		4X400m (F)					
15:55	15:30-15:40					4X400m (F)		
16:00	15:35-15:45				400m			

DAY TWO - 11 April 2010

TIME	Roll Call Time		MEN			WOMEN		
	Track Events	Field Events	Track	Field	Decathlon	Track	Field	Heptathlon
09:00	08:35-08:45	08:15-08:25			110mH			Long Jump
09:10	08:45-08:55		110mH (H)					
09:25	09:00-09:10					100mH (H)		
09:30		08:45-08:55					High Jump	
09:35	09:10-09:20		10000m (F)					
09:45		09:00-09:10			Discus Throw			
10:00		09:15-09:25					Shot Put	
10:30	10:05-10:15		400m (H)					
10:45	10:20-10:30					400m (H)		
11:00		10:15-10:25		Long Jump				Javelin Throw
11:05	10:40-10:50		100m (H1-H3)					
11:15	10:50-11:00		100m (H4-H6)					
11:25	11:00-11:10		100m (H7-H9)					
11:30		10:45-10:55			Pole Vault			
11:35	11:10-11:20		100m (H10-H13)					
11:45	11:20-11:30					100m (H1-H4)		
11:55	11:30-11:40					100m (H5-H8)		
12:00		11:15-11:25		Discus Throw				
L U N C H T I M E								
13:30		12:45-12:55		Shot Put				
14:00	13:35-13:45	13:15-13:25	110mH (F)	High Jump	Javelin Throw			
14:10	13:45-13:55					100mH (F)		
14:20	13:55-14:05		1500m (F)					
14:30		13:45-13:55					Long Jump	
14:45	14:20-14:30					1500m (F)		
15:00	14:35-14:45		400m (F)					
15:05	14:40-14:50					400m (F)		
15:10	14:45-14:55							800m
15:20	14:55-15:05		100m (F)					
15:25	15:00-15:10					100m (F)		
15:30		14:45-14:55					Javelin Throw	
15:40	15:15-15:25		4X100m (F)					
15:50	15:25-15:35					4X100m (F)		
16:00	15:35-15:45				1500m			