











on 12-14 October 2023 at Samuel Ogbemudia Stadium

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ALL Athletes must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

No of Athletes and Heats/Races for each Round subject to change, depending on final attendance of confirmed participants
For all Field Events, only the Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims and 3 in the finals!)

MEDAL PRESENTATIONS

DAY 1 - MORNING SESSION

FINALS

Thursday 12 October 2023

	START	END
DAY 1 AM	9:00	14:00
DAY 1 AIVI	9:00	14:00

Highlights of the Session

HEATS

~50 100M RACES 14 FINALS
~30 400M RACES HJ, Discus, TJ
42 MEDALS TO BE AWARDED

Note: No Heats for Junior Girls 100m (straight to Semi-Finals in Afternoon Session)

AWARDS	13:30	14:00

CATEGORY	CENDED	EVENT	ROUND	NO. OF	START	END	AREA
CATEGORY	GENDER	EVEINI	KOUND	ATHLETES	TIME	TIME	AKEA
Cadet	Girls	100m	Heats	55	9:00	9:20	Track
Cadet	Boys	100m	Heats	48	9:20	9:40	Track
Youth	Girls	100m	Heats	149	9:40	10:35	Track
Youth	Boys	100m	Heats	95	10:35	11:10	Track
Junior	Boys	100m	Heats	48	11:10	11:30	Track
Cadet	Girls	High Jump	Finals	13	9:00	9:45	Field
Cadet	Boys	High Jump	Finals	18	9:45	10:45	Field
Youth	Girls	High Jump	Finals	19	10:45	11:45	Field
Youth	Boys	High Jump	Finals	13	11:45	12:30	Field
Youth	Girls	Discus	Finals	17	9:00	10:00	Field
Youth	Boys	Discus	Finals	17	10:00	11:00	Field
Junior	Girls	Discus	Finals	3	11:00	11:30	Field
Junior	Boys	Discus	Finals	9	11:30	12:30	Field
Cadet	Girls	Triple Jump	Finals	4	9:00	9:25	Field
Cadet	Boys	Triple Jump	Finals	9	9:25	10:15	Field
Youth	Girls	Triple Jump	Finals	11	10:15	11:10	Field
Youth	Boys	Triple Jump	Finals	17	11:10	12:20	Field
Junior	Girls	Triple Jump	Finals	3	12:20	12:40	Field
Junior	Boys	Triple Jump	Finals	9	12:40	13:30	Field
Cadet	Girls	400m	Heats	34	11:30	11:50	Track
Cadet	Boys	400m	Heats	26	11:50	12:05	Track
Youth	Girls	400m	Heats	52	12:05	12:35	Track
Youth	Boys	400m	Heats	64	12:35	13:05	Track
Junior	Girls	400m	Heats	9	13:05	13:15	Track
Junior	Boys	400m	Heats	25	13:15	13:30	Track
	MEDAL PRESENTATIONS Cadet, Youth, Junior Girls, Boys High Jump, Discus, Triple Jump				13:30	14:00	Track & Field

DAY 1 INTERMISSION: 2PM - 2:30PM

























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DAY 1 - AFTERNOON SESSION

Thursday 12 October 2023

			START	END
PRELIMS/SEMIS FINALS	MEDAL PRESENTATIONS	DAY 1 PM	14:30	17:45

Highlights of the Session

~20 100M SEMIS	13 FINALS	39 MEDALS	AWARDS	17:00	17:45
Girls U17 Long Jump	100, 800, Hurdles, Girls U20 Long Jump	AWARDED			

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	START TIME	END TIME	AREA
Youth	Girls	Long Jump	Preliminaries	53	14:30	16:30	Field
Junior	Girls	Long Jump	Finals	10	16:30	17:30	Field
Cadet	Girls	100m	Semi-Finals	24	14:30	14:40	Track
Cadet	Boys	100m	Semi-Finals	24	14:40	14:50	Track
Youth	Girls	100m	Semi-Finals	32	14:50	15:05	Track
Youth	Boys	100m	Semi-Finals	32	15:05	15:20	Track
Junior	Girls	100m	Semi-Finals	23	15:20	15:30	Track
Junior	Boys	100m	Semi-Finals	24	15:30	15:40	Track
Youth	Girls	800m	Finals	18	15:40	15:50	Track
Youth	Boys	800m	Finals	18	15:50	16:00	Track
Junior	Girls	800m	Finals	4	16:00	16:10	Track
Junior	Boys	800m	Finals	9	16:10	16:20	Track
Cadet	Girls	100m	Finals	8	16:20	16:25	Track
Cadet	Boys	100m	Finals	8	16:25	16:30	Track
Youth	Girls	100m	Finals	16	16:30	16:40	Track
Youth	Boys	100m	Finals	16	16:40	16:50	Track
Junior	Girls	100m	Finals	8	16:50	16:55	Track
Junior	Boys	100m	Finals	8	16:55	17:00	Track
<u>MEDAL PRESENTATIONS</u> Cadet, Youth, Junior Girls, Boys 800m, 100m			30	17:00	17:20	Track	
Junior	Girls	100m Hurdles	Finals	5	17:20	17:25	Track
Junior	Boys	110m Hurdles	Finals	5	17:30	17:35	Track
MEDAL PRESENTATIONS Junior Girls, Boys 100/110mH; Junior Girls Long Jump				9	17:40	17:45	Track & Field

END OF DAY 1 - 17:45PM

























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DAY 2 - MORNING SESSION

Friday 13 October 2023

			START	END
PRELIMS/HEATS FINALS	MEDAL PRESENTATIONS	DAY 2 AM	9:00	13:20

Highlights of the Session

~60 200M HEATS	10 FINALS	30 MEDALS TO BE AWARDED	AWARDS	13:00	13:20
Cadet Long Jump	Shot Put, 400m A & B				

Note: No Heats for Junior Girls 200m (straight to Semi-Finals in Afternoon Session)

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	START TIME	END TIME	AREA
Cadet	Girls	Long Jump	Preliminaries	29	9:00	10:20	Field
Cadet	Boys	Long Jump	Preliminaries	42	10:20	12:20	Field
Cadet	Girls	200m	Heats	60	9:00	9:25	Track
Cadet	Boys	200m	Heats	49	9:25	9:45	Track
Youth	Girls	200m	Heats	158	9:45	10:45	Track
Youth	Boys	200m	Heats	129	10:45	11:35	Track
Junior	Boys	200m	Heats	59	11:35	12:00	Track
Youth	Girls	Shot Put	Finals	20	9:00	10:10	Field
Youth	Boys	Shot Put	Finals	16	10:10	11:10	Field
Junior	Girls	Shot Put	Finals	3	11:10	11:40	Field
Junior	Boys	Shot Put	Finals	8	11:40	12:30	Field
Cadet	Girls	400m	Finals	16	12:00	12:10	Track
Cadet	Boys	400m	Finals	16	12:10	12:20	Track
Youth	Girls	400m	Finals	16	12:20	12:30	Track
Youth	Boys	400m	Finals	16	12:30	12:40	Track
Junior	Girls	400m	Finals	16	12:40	12:50	Track
Junior	Boys	400m	Finals	16	12:50	13:00	Track
MEDAL PRESENTATIONS Cadet, Youth, Junior Girls, Boys Shot Put, 400m				30	13:00	13:20	Track & Field

DAY 2 INTERMISSION: 1:20PM - 2PM

























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DAY 2 - AFTERNOON SESSION

Friday 13 October 2023

HEATS/SEMIS FINALS MEDAL PRESENTATIONS DAY 2 PM 14:00 18:30					START	END
	HEATS/SEMIS	FINALS	MEDAL PRESENTATIONS	DAY 2 PM	14:00	18:30

Highlights of the Session

~20 200M SEMIS	5 FINALS	15 MEDALS TO BE AWARDED	AWARDS	18:20	18:30
Relay Heats	U20 HJ, LJ, Javelin	13 WEDAES TO BE AWARDED			

DAY 2	DAY 2						
CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES / TEAMS	START TIME	END TIME	AREA
Youth	Boys	Long Jump	Preliminaries	59	14:00	16:30	Field
Junior	Boys	Long Jump	Finals	22	16:30	18:00	Field
Junior	Girls	High Jump	Finals	4	14:00	14:30	Field
Junior	Boys	High Jump	Finals	10	14:30	15:30	Field
Cadet	Girls	200m	Semi-Finals	24	14:00	14:10	Track
Cadet	Boys	200m	Semi-Finals	24	14:10	14:20	Track
Youth	Girls	200m	Semi-Finals	32	14:20	14:35	Track
Youth	Boys	200m	Semi-Finals	32	14:35	14:50	Track
Junior	Girls	200m	Semi-Finals	29	14:50	15:05	Track
Junior	Boys	200m	Semi-Finals	24	15:05	15:15	Track
Cadet	Girls	4x100m	Heats	28	15:15	15:40	Track
Cadet	Boys	4x100m	Heats	22	15:40	16:00	Track
Youth	Girls	4x100m	Heats	40	16:00	16:30	Track
Youth	Boys	4x100m	Heats	37	16:30	17:00	Track
Junior	Girls	4x100m	Heats	11	17:00	17:15	Track
Junior	Boys	4x100m	Heats	27	17:15	17:45	Track
Junior	Mixed	4x400m	Heats	30	17:45	18:15	Track
Junior	Girls	Javelin	Finals	4	17:00	17:25	Field
Junior	Boys	Javelin	Finals	11	17:25	18:15	Field
Junior Girls, Bo	MEDAL PRESENTATIONS Junior Girls, Boys High Jump, Javelin; Junior Boys Long Jump			15	18:20	18:30	Field

END OF DAY 2 - 6:30PM

























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DAY 3 - FINAL SESSION (CHAMPIONSHIP DECIDER)

FINALS MEDAL, MVP & TROPHY PRESENTATIONS

Saturday 14 October 2023

	START	END
DAY 3 AM	9:00	13:00

Highlights of the Session

18 FINALS		54 MEDALS TO BE AWARDED		
4x100m Relays	4x400m Relays	6 MVPs TO RECEIVE PRIZES		
U14/U17 Long Jump	200m & 400mH	8 SCHOOL/TEAM TITLES DECIDED		

MEDALS	11:00	11:50		
MVPs	11:50	12:00		
TROPHIES	12:00	12:40		

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES / TEAMS	START TIME	END TIME	AREA
Junior	Boys	400m Hurdles	Finals	3	9:00	9:05	Track
Cadet	Girls	Long Jump	Finals	8	9:00	9:30	Field
Cadet	Boys	Long Jump	Finals	8	9:30	10:00	Field
Youth	Girls	Long Jump	Finals	8	10:00	10:30	Field
Youth	Boys	Long Jump	Finals	8	10:30	11:00	Field
Cadet	Girls	200m	Finals	8	9:15	9:20	Track
Cadet	Boys	200m	Finals	8	9:20	9:25	Track
Youth	Girls	200m	Finals	8	9:25	9:30	Track
Youth	Boys	200m	Finals	8	9:30	9:35	Track
Junior	Girls	200m	Finals	8	9:35	9:40	Track
Junior	Boys	200m	Finals	8	9:40	9:45	Track
Cadet	Girls	4x100m	Finals	8	9:45	9:55	Track
Cadet	Boys	4x100m	Finals	8	9:55	10:05	Track
Youth	Girls	4x100m	Finals	8	10:05	10:15	Track
Youth	Boys	4x100m	Finals	8	10:15	10:25	Track
Junior	Girls	4x100m	Finals	8	10:25	10:35	Track
Junior	Boys	4x100m	Finals	8	10:35	10:45	Track
Junior	Mixed	4x400m	Finals	8	10:45	11:00	Track
MEDAL PRESENTATIONS Junior Boys 400mH; Cadet, Youth Girls, Boys Long Jump Cadet, Youth, Junior Girls , Boys 200m, 4x100m Junior Mixed 4x400m			54	11:00	11:50	Track & Field	
Cadet, Youth & Juniors	Girls & Boys	MVP	Awards	6	11:50	12:00	Track & Field
SCHOOL/TEAM TITLES & TROPHY PRESENTATIONS Cadet, Youth Girls, Boys School Champions Overall Girls & Overall Boys School Champions (Cadet + Youth) Junior Team Champions (Girls + Boys) Overall School Champions (Cadet + Youth AND Girls + Boys)			8	12:00	12:40	Track & Field	

END OF CHAMPIONSHIP - 1PM











