



MTN CHAMPS UYO - FINAL EVENTS SCHEDULE

on 26-28 October 2023 at Godswill Akpabio Stadium

All Registered Schools/Athletes must wear their assigned bibs to compete throughout the event

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

DAY 1 - MORNING SESSION

Thursday 26 October 2023

HEATS	FINALS	MEDAL PRESENTATIONS
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	START	END
DAY 1 AM Main Bowl	9:00	13:30
DAY 1 AM Warm Up Track	9:00	13:30

Highlights of the Session

~100+ 100M RACES	2 FINALS	6 MEDALS TO BE AWARDED (Medal Ceremony at end of PM Session)
~30+ 400M RACES	U17 Shot Put	

MEDAL AWARDS Main Bowl	16:30	17:00
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Notes, Rules & Guidelines for Day 1 Morning Session :

- (1) All Cadet 100m & 400m Heats will take place at the Warm Up Track while the Youth & Juniors remain in the Main Bowl
- (2) All Throwing Events to take place at the Warm Up Track while the Jumps take place in the Main Bowl
- (3) For Cadet & Youth, only the Top 24 fastest times in 100m Heats will advance to Semis and Top 16 fastest times in 400m Heats to Finals A & B
- (4) For all Field Events, only Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims & 3 in the finals!)
- (5) Any Athletes in both Youth Boys 100m at 9am AND Long Jump will compete in last Long Jump Group(s) from 11am to 1.30pm
- (6) No Heats for Junior Girls & Boys 100m in Morning Session (straight to the Semi-Finals in Afternoon Session)
- (7) Youth Boys 400m Heats will take place in Afternoon Session (all other 400m Heats in this Morning Session)

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Cadet	Boys	100m	Heats	261	Warm Up Track	9:00	10:30	Track
Cadet	Girls	100m	Heats	320	Warm Up Track	10:30	12:30	Track
Cadet	Boys	400m	Heats	62	Warm Up Track	12:20	12:55	Track
Cadet	Girls	400m	Heats	67	Warm Up Track	12:55	13:30	Track
Youth	Boys	Long Jump	Preliminaries	168	Main Bowl	9:00	13:30	Field
Youth	Boys	100m	Heats	305	Main Bowl	9:00	10:50	Track
Youth	Girls	100m	Heats	257	Main Bowl	10:50	12:20	Track
Junior	Boys	400m	Heats	21	Main Bowl	12:20	12:35	Track
Junior	Girls	400m	Heats	9	Main Bowl	12:35	12:45	Track
Youth	Girls	400m	Heats	82	Main Bowl	12:45	13:30	Track
Youth	Girls	Shot Put	Finals	44	Warm Up Track	9:00	11:00	Field
Youth	Boys	Shot Put	Finals	53	Warm Up Track	11:00	13:30	Field

DAY 1 INTERMISSION: 1:30PM - 2PM





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DAY 1 - AFTERNOON SESSION

Thursday 26 October 2023

PRELIMS/SEMIS	FINALS	MEDAL PRESENTATIONS
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	START	END
DAY 1 PM Main Bowl	14:00	17:00
DAY 1 PM Warm Up Track	14:00	15:00

Highlights of the Session

~20 100M SEMIS	10 FINALS	36 MEDALS AWARDED
Boys U14 U, U17 400m	100m, U14 High Jump, U20 Shot Put	

MEDAL AWARDS Main Bowl	16:30	17:00
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Notes, Rules & Guidelines for Day 1 Afternoon Session:

- (1) All Throwing Events to take place at the Warm Up Track while the Jumps take place in the Main Bowl
- (2) Cadet & Youth 100m Semi-Finals includes only the Athletes with the Top 24 fastest times from the 100m Heats in the Morning
- (3) For all Field Events, only Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims & 3 in the finals!)
- (4) Cadet Boys in 100m Semis only at 2.10pm can compete in Long Jump from 2.30-4pm (OR 4.20-5pm if in 100m Final at 4.05pm)
- (5) Junior Girls & Boys 100m start with ~3 & 5 Semis respectively - Top 8 for each progress to Finals (Q2 q2 for Girls and Q1 q3 for Boys)
- (6) Youth Boys have the only remaining 400m Heats (others were in Morning Session) - Top 16 fastest times go through to Finals A & B

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Junior	Girls	Shot Put	Finals	3	Warm Up Track	14:00	14:30	Field
Junior	Boys	Shot Put	Finals	4	Warm Up Track	14:30	15:00	Field
Cadet	Girls	High Jump	Finals	30	Main Bowl	14:00	15:15	Field
Cadet	Boys	High Jump	Finals	36	Main Bowl	15:15	16:45	Field
Cadet	Boys	Long Jump	Preliminaries	144	Main Bowl	14:00	17:00	Field
Cadet	Girls	100m	Semi-Finals	24	Main Bowl	14:00	14:10	Track
Cadet	Boys	100m	Semi-Finals	24	Main Bowl	14:10	14:20	Track
Youth	Girls	100m	Semi-Finals	24	Main Bowl	14:20	14:30	Track
Youth	Boys	100m	Semi-Finals	24	Main Bowl	14:30	14:40	Track
Junior	Girls	100m	Semi-Finals	24	Main Bowl	14:40	14:50	Track
Junior	Boys	100m	Semi-Finals	36	Main Bowl	14:50	15:10	Track
Youth	Boys	400m	Heats	114	Main Bowl	15:10	16:00	Track
Cadet	Girls	100m	Finals	8	Main Bowl	16:00	16:05	Track
Cadet	Boys	100m	Finals	8	Main Bowl	16:05	16:10	Track
Youth	Girls	100m	Finals	8	Main Bowl	16:10	16:15	Track
Youth	Boys	100m	Finals	8	Main Bowl	16:15	16:20	Track
Junior	Girls	100m	Finals	8	Main Bowl	16:20	16:25	Track
Junior	Boys	100m	Finals	8	Main Bowl	16:25	16:30	Track
MEDAL PRESENTATIONS								
Youth, Junior Girls, Boys Shot Put				36	Main Bowl	16:30	17:00	Track & Field
Cadet, Youth, Junior Girls, Boys 100m								
Cadet Girls, Boys High Jump								

END OF DAY 1 - 5PM





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DAY 2 - MORNING SESSION

Friday 27 October 2023

PRELIMS/HEATS	FINALS	MEDAL PRESENTATIONS
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	START	END
DAY 2 AM Main Bowl	9:00	13:20
DAY 2 AM Warm Up Track	9:00	12:30

Highlights of the Session

~100+ 200M HEATS	8 FINALS	24 MEDALS TO BE AWARDED
U17 Girls Long Jump	400m, U17 Discus	

MEDALS AWARDS Main Bowl	13:00	13:20
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Notes, Rules & Guidelines for Day 2 Morning Session :

- (1) All Cadet 200m Heats will take place on the Warm Up Track while the Youth 200m Heats remain in the Main Bowl
- (2) All Throwing Events to take place at the Warm Up Track while the Jumps take place in the Main Bowl
- (3) Only the Top 24 fastest times in the Cadet & Youth 200m Heats will advance to Semi-Finals in the Day 2 Afternoon Session
- (4) For all Field Events, only Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims & 3 in the finals!)
- (5) Any Athletes in both Youth Girls 200m at 9am AND Long Jump will compete in last Long Jump Group(s) from 11am to 1pm
- (6) No Heats for Junior Girls & Boys 200m in Morning Session (straight to the Semi-Finals in Afternoon Session)

IMPORTANT: REGISTRATION FOR CADET & YOUTH 4X100M RELAY HEATS IN THE AFTERNOON WILL TAKE PLACE STRICTLY ON ARRIVAL FROM 8-9AM

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Cadet	Girls	200m	Heats	281	Warm Up Track	9:00	10:35	Track
Cadet	Boys	200m	Heats	258	Warm Up Track	10:35	12:00	Track
Youth	Girls	Long Jump	Preliminaries	151	Main Bowl	9:00	13:00	Field
Youth	Girls	200m	Heats	254	Main Bowl	9:00	10:25	Track
Youth	Boys	200m	Heats	274	Main Bowl	10:25	12:00	Track
Youth	Girls	Discus	Finals	40	Warm Up Track	9:00	10:30	Field
Youth	Boys	Discus	Finals	45	Warm Up Track	10:30	12:30	Field
Cadet	Girls	400m	Finals A & B	16	Main Bowl	12:00	12:10	Track
Cadet	Boys	400m	Finals A & B	16	Main Bowl	12:10	12:20	Track
Youth	Girls	400m	Finals A & B	16	Main Bowl	12:20	12:30	Track
Youth	Boys	400m	Finals A & B	16	Main Bowl	12:30	12:40	Track
Junior	Girls	400m	Finals A & B	16	Main Bowl	12:40	12:50	Track
Junior	Boys	400m	Finals A & B	16	Main Bowl	12:50	13:00	Track
MEDAL PRESENTATIONS Youth Girls, Boys Discus Cadet, Youth, Junior Girls, Boys 400m				24	Main Bowl	13:00	13:16	Track & Field

DAY 2 INTERMISSION: 1:20PM - 2PM





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DAY 2 - AFTERNOON SESSION

Friday 27 October 2023

HEATS/SEMIS	FINALS	MEDALS
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	START	END
DAY 2 PM Main Bowl	14:00	17:15
DAY 2 PM Warm Up Track	14:00	16:00

Highlights of the Session

~20 200M SEMIS	6 FINALS	18 MEDALS TO BE AWARDED
Relay Heats	U20 Discus & 1500m, U17 High Jump	

MEDALS AWARDS Main Bowl	17:00	17:15
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Notes, Rules & Guidelines for Day 2 Afternoon Session:

- (1) All Cadet 4x100m Heats will take place on the Warm Up Track while the Youth 4x100m Heats remain in the Main Bowl
- (2) All Throwing Events to take place at the Warm Up Track while the Jumps take place in the Main Bowl
- (3) Cadet & Youth 4x100m Finals on Day 3 will include only 32 Teams in total (the Top 8 fastest teams in the Heats in each category)
- (4) For all Field Events, only Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims & 3 in the finals!)
- (5) Cadet Girls in 200m Semis at 2pm can compete in Long Jump from 2.30-4pm (OR 4-5pm if also in 4x100m from 2.30-3.15pm)
- (6) Junior Girls & Boys 200m start with ~4 & 5 Semis respectively - Top 8 for each progress to Finals (Q1 q4 for Girls and Q1 q3 for Boys)
- (7) No Heats for Junior Girls & Boys 4x100m in this Afternoon Session (straight to Finals in Day 3 Afternoon Session)

IMPORTANT: REGISTRATION FOR CADET & YOUTH 4X100M RELAY HEATS WILL TAKE PLACE STRICTLY ON ARRIVAL IN THE MORNING (FROM 8-9AM)

CATEGORY	GENDER	EVENT	ROUND	#ATHLETES/ TEAMS	LOCATION	START TIME	END TIME	AREA
Junior	Girls	Discus	Finals	3	Warm Up Track	14:00	14:30	Field
Junior	Boys	Discus	Finals	6	Warm Up Track	14:30	15:15	Field
Youth	Girls	High Jump	Finals	24	Main Bowl	14:00	14:50	Field
Youth	Boys	High Jump	Finals	52	Main Bowl	14:50	16:30	Field
Cadet	Girls	Long Jump	Preliminaries	154	Main Bowl	14:00	17:00	Field
Cadet	Girls	200m	Semi-Finals	24	Main Bowl	14:00	14:10	Track
Cadet	Boys	200m	Semi-Finals	24	Main Bowl	14:10	14:20	Track
Youth	Girls	200m	Semi-Finals	24	Main Bowl	14:20	14:30	Track
Youth	Boys	200m	Semi-Finals	24	Main Bowl	14:30	14:40	Track
Junior	Girls	200m	Semi-Finals	25	Main Bowl	14:40	14:55	Track
Junior	Boys	200m	Semi-Finals	40	Main Bowl	14:55	15:15	Track
Cadet	Girls	4x100m	Heats	86	Warm Up Track	14:30	15:15	Track
Cadet	Boys	4x100m	Heats	77	Warm Up Track	15:15	16:00	Track
Junior	Girls	1500m	Finals	3	Main Bowl	15:15	15:20	Track
Junior	Boys	1500m	Finals	10	Main Bowl	15:20	15:25	Track
Youth	Girls	4x100m	Heats	89	Main Bowl	15:25	16:10	Track
Youth	Boys	4x100m	Heats	89	Main Bowl	16:10	17:00	Track
MEDAL PRESENTATIONS								
Youth Girls, Boys High Jump				18	Main Bowl	17:00	17:12	Track & Field
Junior Girls, Boys Discus, 1500m								

END OF DAY 2 - 5:15PM





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DAY 3 - MORNING SESSION

Saturday 28 October 2023

FINALS	MEDALS
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	START	END
DAY 3 AM Main Bowl	9:00	12:30
DAY 3 AM Warm Up Track	9:00	10:00

Highlights of the Session

15 FINALS	45 MEDALS TO BE AWARDED
Javelin, Long Jump, 800m & Hurdles (400mH, 100mH/110mH)	

MEDALS AWARDS Main Bowl	12:00	12:30
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Notes, Rules & Guidelines for Day 3 Morning Session :

(1) All Throwing Events to take place at the Warm Up Track while the Jumps take place in the Main Bowl

(2) For all Field Events, only Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims & 3 in the finals!)

(3) Hence Girls' & Boys' Cadet & Youth Long Jump Finals will each feature 3 Jumps for each of the Top 8 Athletes from the Prelims on Days 1 & 2

IMPORTANT: REGISTRATION FOR JUNIOR 4X100M & MIXED 4X400M FINALS IN AFTERNOON WILL TAKE PLACE STRICTLY ON ARRIVAL FROM 9-10AM

CATEGORY	GENDER	EVENT	ROUND	# ATHLETES / TEAMS	LOCATION	START TIME	END TIME	AREA
Junior	Girls	Javelin	Finals	6	Warm Up Track	9:00	9:30	Field
Junior	Boys	Javelin	Finals	5	Warm Up Track	9:30	10:00	Field
Cadet	Girls	Long Jump	Finals	8	Main Bowl	9:00	9:30	Field
Cadet	Boys	Long Jump	Finals	8	Main Bowl	9:30	10:00	Field
Youth	Girls	Long Jump	Finals	8	Main Bowl	10:00	10:30	Field
Youth	Boys	Long Jump	Finals	8	Main Bowl	10:30	11:00	Field
Junior	Girls	Long Jump	Finals	11	Main Bowl	11:00	11:30	Field
Junior	Boys	Long Jump	Finals	26	Main Bowl	11:30	12:25	Field
Junior	Boys	400m Hurdles	Finals	4	Main Bowl	10:00	10:05	Track
Youth	Girls	800m	Finals A & B	8	Main Bowl	10:10	10:20	Track
Youth	Boys	800m	Finals A & B	8	Main Bowl	10:20	10:30	Track
Junior	Girls	800m	Finals	8	Main Bowl	10:30	10:35	Track
Junior	Boys	800m	Finals	8	Main Bowl	10:35	10:40	Track
Junior	Girls	100m Hurdles	Finals	2	Main Bowl	11:00	11:05	Track
Junior	Boys	110m Hurdles	Finals	6	Main Bowl	11:10	11:15	Track
MEDAL PRESENTATIONS								
Junior Girls, Boys Javelin; Junior Boys 400mH Youth, Junior Girls, Boys 800m Junior Girls, Boys 100mH/110mH Cadet, Youth, Junior Girls, Boys Long Jump				45	Main Bowl	12:00	12:30	Track & Field

DAY 3 INTERMISSION: 12:30PM - 1PM





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DAY 3 - AFTERNOON SESSION (CHAMPIONSHIP DECIDER)

Saturday 28 October 2023

FINALS	MEDAL, MVP & TROPHY PRESENTATIONS
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	START	END
DAY 3 AM Main Bowl (Field)	13:00	15:00
DAY 3 AM Main Bowl (Track)	13:00	14:40

Highlights of the Session

18 FINALS		54 MEDALS TO BE AWARDED
200m, Triple Jump & U20 High Jump		6 MVPs TO RECEIVE PRIZES
4x100m Relays	Mixed 4x400m	5 SCHOOL/TEAM TITLES DECIDED

MEDALS	14:40	15:30
MVPs	15:30	15:40
TROPHIES	15:40	16:30

Notes, Rules & Guidelines for Day 3 Morning Session :

(1) All Day 3 Afternoon Session Events will take place in the Main Bowl only

(2) For all Field Events, only Top 8 Athletes will have 6 attempts in total (either in a straight final OR 3 in prelims & 3 in the finals!)

(3) Cadet (U14) Girls' & Boys' Triple Jump has been cancelled - the Athletes may join Long Jump Prelims (Day 1 PM for the Boys and Day 2 PM for the Girls)

IMPORTANT: REGISTRATION FOR JUNIOR 4X100M & MIXED 4X400M FINALS WILL TAKE PLACE STRICTLY ON ARRIVAL IN THE MORNING (9-10AM)

CATEGORY	GENDER	EVENT	ROUND	#ATHLETES / TEAMS	LOCATION	START TIME	END TIME	AREA
Junior	Girls	High Jump	Finals	3	Main Bowl	13:00	13:30	Field
Junior	Boys	High Jump	Finals	8	Main Bowl	13:30	14:00	Field
Youth	Girls	Triple Jump	Finals	29	Main Bowl	13:00	13:45	Field
Youth	Boys	Triple Jump	Finals	26	Main Bowl	13:45	14:30	Field
Junior	Boys	Triple Jump	Finals	5	Main Bowl	14:30	15:00	Field
Cadet	Girls	200m	Finals	8	Main Bowl	13:00	13:05	Track
Cadet	Boys	200m	Finals	8	Main Bowl	13:05	13:10	Track
Youth	Girls	200m	Finals	8	Main Bowl	13:10	13:15	Track
Youth	Boys	200m	Finals	8	Main Bowl	13:15	13:20	Track
Junior	Girls	200m	Finals	8	Main Bowl	13:20	13:25	Track
Junior	Boys	200m	Finals	8	Main Bowl	13:25	13:30	Track
Cadet	Girls	4x100m	Finals	8	Main Bowl	13:30	13:40	Track
Cadet	Boys	4x100m	Finals	8	Main Bowl	13:40	13:50	Track
Youth	Girls	4x100m	Finals	8	Main Bowl	13:50	14:00	Track
Youth	Boys	4x100m	Finals	8	Main Bowl	14:00	14:10	Track
Junior	Girls	4x100m	Finals	8	Main Bowl	14:10	14:20	Track
Junior	Boys	4x100m	Finals	8	Main Bowl	14:20	14:30	Track
Junior	Mixed	4x400m	Finals	8	Main Bowl	14:30	14:40	Track
MEDAL PRESENTATIONS								
Cadet, Youth, Junior Girls , Boys 200m, 4x100m Junior Mixed 4x400m; Junior Girls, Boys High Jump Youth, Junior Girls, Boys Triple Jump				54	Main Bowl	14:40	15:30	Track & Field
Cadet, Youth & Juniors	Girls & Boys	MVP	Awards	6	Main Bowl	15:30	15:40	Track & Field
SCHOOL/TEAM TITLES & TROPHY PRESENTATIONS								
Cadet, Youth Girls, Boys School Champions Junior Team Champions (Girls + Boys)				5	Main Bowl	15:40	16:30	Track & Field

END OF CHAMPIONSHIP - 4:30PM

