



MTN CHAMPS ABUJA / GRAND FINAL - EVENTS SCHEDULE

on 1-3 December 2023 at Moshood Abiola National 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

All Throws, Cadet 100m, 200m & 400m Heats AND Youth/Junior 800m Heats will take place on Warm Up Track (all other Events in Main Bowl)

DAY 1 - MORNING SESSION

Friday 01 December 2023

HEATS/PRELIMS	FINALS	MEDALS
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DAY 1 AM	START	END
Main Bowl	9:00	12:00
Warm Up Track	9:00	12:00

Highlights of the Session

ALL 100M & U14 400M HEATS, SHOT PUT & U17/U14 HIGH JUMP PRELIMS	2 FINALS - U20 1500M	6 MEDALS TO BE AWARDED
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AWARDS Main Bowl	18:00	18:30
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Notes, Rules & Guidelines for Day 1 Morning Session :

- (1) For each 100m Category, Top 24 (fastest times in the Heats + 'Team MVP' from Benin, Uyo, Ibadan) will advance to Semis in the afternoon
- (2) For each 400m Category, the Top 16 (fastest times + 'Team MVP' from Benin, Uyo & Ibadan) will advance to Finals A & B on Day 2
- (3) Field Event preliminaries to hold only if needed to select Top 8 Athletes to advance to Finals - each Athlete in prelims will have 3 attempts (Any 'Team MVP' Athletes from Benin, Uyo, Ibadan in the Field Events to advance directly to the Finals as part of the Top 8)

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Youth	Girls	100m	Heats	Main Bowl	9:00	9:45	Track
Youth	Boys	100m	Heats	Main Bowl	9:45	10:30	Track
Junior	Girls	100m	Heats	Main Bowl	10:30	11:00	Track
Junior	Boys	100m	Heats	Main Bowl	11:00	11:30	Track
Cadet	Girls	100m	Heats	Warm Up Track	9:00	9:45	Track
Cadet	Boys	100m	Heats	Warm Up Track	9:45	10:30	Track
Cadet	Girls	400m	Heats	Warm Up Track	10:30	11:00	Track
Cadet	Boys	400m	Heats	Warm Up Track	11:00	11:30	Track
Youth	Girls	High Jump	Preliminaries	Main Bowl	9:00	9:45	Field
Youth	Boys	High Jump	Preliminaries	Main Bowl	9:45	10:30	Field
Cadet	Girls	High Jump	Preliminaries	Main Bowl	10:30	11:15	Field
Cadet	Boys	High Jump	Preliminaries	Main Bowl	11:15	12:00	Field
Youth	Girls	Shot Put	Preliminaries	Warm Up Track	9:00	9:45	Field
Youth	Boys	Shot Put	Preliminaries	Warm Up Track	9:45	10:30	Field
Junior	Girls	Shot Put	Preliminaries	Warm Up Track	10:30	11:15	Field
Junior	Boys	Shot Put	Preliminaries	Warm Up Track	11:15	12:00	Field
Junior	Girls	1500m	Finals	Main Bowl	11:40	11:50	Track
Junior	Boys	1500m	Finals	Main Bowl	11:50	12:00	Track

DAY 1 INTERMISSION: 12PM - 1PM





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All Throws, Cadet 100m, 200m & 400m Heats AND Youth/Junior 800m Heats will take place on Warm Up Track (all other Events in Main Bowl)

DAY 1 - AFTERNOON SESSION

Friday 01 December 2023

PRELIMS, HEATS, SEMI-FINALS	FINALS	MEDALS
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DAY 1 PM	START	END
Main Bowl	13:00	18:30
Warm Up Track	13:00	17:30

Highlights of the Session

100M SEMIS, 400M HEATS, DISCUS, JAVELIN & U20 HIGH JUMP PRELIMS	10 FINALS - 100M, TRIPLE JUMP	36 MEDALS TO BE AWARDED
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Main Bowl		
AWARDS	18:00	18:25
IBADAN TOP 10	18:25	18:30

Notes, Rules & Guidelines for Day 1 Afternoon Session:

- For all Triple Jump Finals, only the Top 8 in each Category will have 6 attempts in total (all others will have 3 attempts only)
- For each 400m Category, the Top 16 (fastest times + 'Team MVP' from Benin, Uyo & Ibadan) will advance to Finals A & B on Day 2
- Field Event preliminaries to hold only if needed to select Top 8 Athletes to advance to Finals - each Athlete in prelims will have 3 attempts (Any 'Team MVP' Athletes from Benin, Uyo, Ibadan in the Field Events to advance directly to the Finals as part of the Top 8)

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Junior	Girls	High Jump	Preliminaries	Main Bowl	13:00	13:45	Field
Junior	Boys	High Jump	Preliminaries	Main Bowl	13:45	14:30	Field
Junior	Girls	Javelin	Preliminaries	Warm Up Track	13:00	13:45	Field
Junior	Boys	Javelin	Preliminaries	Warm Up Track	13:45	14:30	Field
Cadet	Girls	100m	Semi-Finals	Main Bowl	13:00	13:15	Track
Cadet	Boys	100m	Semi-Finals	Main Bowl	13:20	13:35	Track
Youth	Girls	100m	Semi-Finals	Main Bowl	13:40	13:55	Track
Youth	Boys	100m	Semi-Finals	Main Bowl	14:00	14:15	Track
Junior	Girls	100m	Semi-Finals	Main Bowl	14:20	14:35	Track
Junior	Boys	100m	Semi-Finals	Main Bowl	14:40	14:55	Track
Youth	Girls	Triple Jump	Finals	Main Bowl	13:00	14:00	Field
Youth	Boys	Triple Jump	Finals	Main Bowl	14:00	15:00	Field
Junior	Girls	Triple Jump	Finals	Main Bowl	15:00	16:00	Field
Junior	Boys	Triple Jump	Finals	Main Bowl	16:00	17:00	Field
Youth	Girls	Discus	Preliminaries	Warm Up Track	14:30	15:15	Field
Youth	Boys	Discus	Preliminaries	Warm Up Track	15:15	16:00	Field
Junior	Girls	Discus	Preliminaries	Warm Up Track	16:00	16:45	Field
Junior	Boys	Discus	Preliminaries	Warm Up Track	16:45	17:30	Field
Youth	Girls	400m	Heats	Main Bowl	15:00	15:30	Track
Youth	Boys	400m	Heats	Main Bowl	15:30	16:00	Track
Junior	Girls	400m	Heats	Main Bowl	16:00	16:30	Track
Junior	Boys	400m	Heats	Main Bowl	16:30	17:00	Track
Cadet	Girls	100m	Finals	Main Bowl	17:00	17:10	Track
Cadet	Boys	100m	Finals	Main Bowl	17:10	17:20	Track
Youth	Girls	100m	Finals	Main Bowl	17:20	17:30	Track
Youth	Boys	100m	Finals	Main Bowl	17:30	17:40	Track
Junior	Girls	100m	Finals	Main Bowl	17:40	17:50	Track
Junior	Boys	100m	Finals	Main Bowl	17:50	18:00	Track
MEDAL PRESENTATIONS - 36 MEDALS:							
Junior Girls, Boys 1500m							
Youth & Junior Girls, Boys Triple Jump				Main Bowl	18:00	18:25	Track & Field
Cadet, Youth, Junior Girls, Boys 100m							
Cadet, Youth & Juniors	Girls & Boys	Ibadan Top 10 MVPs prizes	Awards	Main Bowl	18:25	18:30	Track & Field

END OF DAY 1 - 6:30PM





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All Throws, Cadet 100m, 200m & 400m Heats AND Youth/Junior 800m Heats will take place on Warm Up Track (all other Events in Main Bowl)

DAY 2 - MORNING SESSION

Saturday 02 December 2023

HEATS/PRELIMS	FINALS	MEDALS
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DAY 2 AM	START	END
Main Bowl	9:00	11:30
Warm Up Track	9:00	10:30

Highlights of the Session

200M & 800M HEATS, U20 BOYS & U14 LONG JUMP PRELIMS	2 FINALS - U20 100/110MH	6 MEDALS TO BE AWARDED
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AWARDS Main Bowl	18:00	18:50
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Notes, Rules & Guidelines for Day 3 Morning Session :

- (1) For each 200m Category, Top 24 (fastest times in Heats + 'Team MVP' from Benin, Uyo & Ibadan) will advance to Semis in the afternoon
- (2) For each 800m Category (if Heats needed) Top 12 (fastest times + 'Team MVP' from Benin, Uyo & Ibadan) will advance to Finals on Day 3
- (3) Long Jump preliminaries to hold only if needed to select Top 8 Athletes to advance to Finals - each Athlete in prelims will have 3 attempts (Any 'Team MVP' Athletes from Benin, Uyo, Ibadan in the Field Events to advance directly to the Finals as part of the Top 8)

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

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Junior	Boys	Long Jump	Preliminaries	Main Bowl	9:00	10:30	Field
Cadet	Girls	Long Jump	Preliminaries	Main Bowl	10:30	11:15	Field
Cadet	Boys	Long Jump	Preliminaries	Main Bowl	11:15	12:00	Field
Cadet	Girls	200m	Heats	Warm Up Track	9:00	9:45	Track
Cadet	Boys	200m	Heats	Warm Up Track	9:45	10:30	Track
Youth	Girls	800m	Heats	Warm Up Track	10:40	11:00	Track
Youth	Boys	800m	Heats	Warm Up Track	11:00	11:20	Track
Junior	Girls	800m	Heats	Warm Up Track	11:20	11:40	Track
Junior	Boys	800m	Heats	Warm Up Track	11:40	12:00	Track
Youth	Girls	200m	Heats	Main Bowl	9:00	9:45	Track
Youth	Boys	200m	Heats	Main Bowl	9:45	10:30	Track
Junior	Girls	200m	Heats	Main Bowl	10:30	11:00	Track
Junior	Boys	200m	Heats	Main Bowl	11:00	11:30	Track
Junior	Girls	100m Hurdles	Finals	Main Bowl	11:40	11:50	Track
Junior	Boys	110m Hurdles	Finals	Main Bowl	11:50	12:00	Track

DAY 2 INTERMISSION: 1PM - 2PM





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All Throws, Cadet 100m, 200m & 400m Heats AND Youth/Junior 800m Heats will take place on Warm Up Track (all other Events in Main Bowl)

DAY 2 - AFTERNOON SESSION

Saturday 02 December 2023

PRELIMS/HEATS/SEMIS	FINALS	MEDALS
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DAY 2 PM	START	END
Main Bowl	13:00	18:50
Warm Up Track	13:00	18:00

Highlights of the Session

200M SEMIS, 4X100M HEATS, U20 GIRLS & U17 LJ	22 FINALS - 400M, HIGH JUMP, SHOT PUT, DISCUS, JAVELIN	72 MEDALS TO BE AWARDED
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AWARDS	18:00	18:50
Main Bowl		

Notes, Rules & Guidelines for Day 2 Afternoon Session:

- (1) For all Field Event Finals, only the Top 8 qualified from the Prelims/Team MVP will compete, with each of them getting 3 attempts only
- (2) Long Jump preliminaries to hold only if needed to select Top 8 Athletes to advance to Finals - each Athlete in prelims will have 3 attempts
- (3) For each 400m Category, Final B (~5 mins each) is consolation final while Final A (~10 mins each) is for the Top 8 to decide the medals (Any 'Team MVP' Athletes from Benin, Uyo, Ibadan in the 400m or Field Events to advance directly to the Finals as part of the Top 8)

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

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Cadet	Girls	200m	Semi-Finals	Main Bowl	13:00	13:15	Track
Cadet	Boys	200m	Semi-Finals	Main Bowl	13:15	13:30	Track
Youth	Girls	200m	Semi-Finals	Main Bowl	13:30	13:45	Track
Youth	Boys	200m	Semi-Finals	Main Bowl	13:45	14:00	Track
Junior	Girls	200m	Semi-Finals	Main Bowl	14:00	14:15	Track
Junior	Boys	200m	Semi-Finals	Main Bowl	14:15	14:30	Track
Youth	Girls	Shot Put	Finals	Warm Up Track	13:00	13:30	Field
Youth	Boys	Shot Put	Finals	Warm Up Track	13:30	14:00	Field
Junior	Girls	Shot Put	Finals	Warm Up Track	14:00	14:30	Field
Junior	Boys	Shot Put	Finals	Warm Up Track	14:30	15:00	Field
Junior	Girls	Long Jump	Preliminaries	Main Bowl	13:00	14:00	Field
Youth	Boys	Long Jump	Preliminaries	Main Bowl	14:00	15:30	Field
Youth	Girls	Long Jump	Preliminaries	Main Bowl	15:30	17:00	Field
Cadet	Girls	High Jump	Finals	Main Bowl	13:00	13:45	Field
Cadet	Boys	High Jump	Finals	Main Bowl	13:45	14:30	Field
Youth	Girls	High Jump	Finals	Main Bowl	14:30	15:15	Field
Youth	Boys	High Jump	Finals	Main Bowl	15:15	16:00	Field
Junior	Girls	High Jump	Finals	Main Bowl	16:00	16:45	Field
Junior	Boys	High Jump	Finals	Main Bowl	16:45	17:30	Field
Cadet	Girls	400m	Finals B & A	Main Bowl	14:30	14:45	Track
Cadet	Boys	400m	Finals B & A	Main Bowl	14:45	15:00	Track
Youth	Girls	400m	Finals B & A	Main Bowl	15:00	15:15	Track
Youth	Boys	400m	Finals B & A	Main Bowl	15:15	15:30	Track
Junior	Girls	400m	Finals B & A	Main Bowl	15:30	15:45	Track
Junior	Boys	400m	Finals B & A	Main Bowl	15:45	16:00	Track
Junior	Girls	Javelin	Finals	Warm Up Track	15:00	15:30	Field
Junior	Boys	Javelin	Finals	Warm Up Track	15:30	16:00	Field
Cadet	Girls	4x100m	Heats	Main Bowl	16:00	16:30	Track
Cadet	Boys	4x100m	Heats	Main Bowl	16:30	17:00	Track
Youth	Girls	4x100m	Heats	Main Bowl	17:00	17:30	Track
Youth	Boys	4x100m	Heats	Main Bowl	17:30	18:00	Track
Youth	Girls	Discus	Finals	Warm Up Track	16:00	16:30	Field
Youth	Boys	Discus	Finals	Warm Up Track	16:30	17:00	Field
Junior	Girls	Discus	Finals	Warm Up Track	17:00	17:30	Field
Junior	Boys	Discus	Finals	Warm Up Track	17:30	18:00	Field
MEDAL PRESENTATIONS - 72 MEDALS: Cadet, Youth, Junior Girls, Boys 400m, High Jump Junior Girls, Boys 100/110m Hurdles, Javelin Youth, Junior Girls, Boys Shot Put, Discus Throw				Main Bowl	18:00	18:50	Track & Field

END OF DAY 2 - 6.50PM





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All Throws, Cadet 100m, 200m & 400m Heats AND Youth/Junior 800m Heats will take place on Warm Up Track (all other Events in Main Bowl)

DAY 3 - AFTERNOON SESSION ONLY (CHAMPIONSHIP DECIDER)

Sunday 03 December 2023

FINALS	MEDAL, MVP & TROPHY PRESENTATIONS
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DAY 3 AM	START	END
Main Bowl	12:00	18:30

Highlights of the Session

29 FINALS - 200M, 400M HURDLES, 800M, LONG JUMP, 4X100M, 4X400M & MIXED 4X400M	87 MEDALS TO BE AWARDED
	10 ABUJA MVPs TO RECEIVE PRIZES
	TOP 20 ATHLETES ANNOUNCED
	5 SCHOOL/TEAM TITLES DECIDED

Main Bowl

MEDALS	16:25	17:35
MVPs	17:35	17:45
TOP 20	17:45	18:00
TROPHIES	18:00	18:30

Notes, Rules & Guidelines for Day 3 Afternoon Session:

(1) For all Long Jump Finals, only the Top 8 qualified from the Prelims/Team MVP will compete, with each of them getting 3 attempts only (Any 'Team MVP' Athletes from Benin, Uyo, Ibadan in 800m or Field Events to advance directly to Finals as part of Top 12 & 8 respectively)

IMPORTANT: REGISTRATION FOR JUNIOR 4X100M, CADET & YOUTH 4X400M AND JUNIOR MIXED 4X400M FINALS WILL TAKE PLACE STRICTLY ON ARRIVAL IN THE MORNING (11AM-12PM)

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Cadet	Girls	Long Jump	Finals	Main Bowl	12:00	12:45	Field
Cadet	Boys	Long Jump	Finals	Main Bowl	12:45	13:30	Field
Youth	Girls	Long Jump	Finals	Main Bowl	13:30	14:15	Field
Youth	Boys	Long Jump	Finals	Main Bowl	14:15	15:00	Field
Junior	Girls	Long Jump	Finals	Main Bowl	15:00	15:45	Field
Junior	Boys	Long Jump	Finals	Main Bowl	15:45	16:30	Field
Junior	Girls	400m Hurdles	Finals	Main Bowl	12:00	12:10	Track
Junior	Boys	400m Hurdles	Finals	Main Bowl	12:15	12:25	Track
Cadet	Girls	200m	Finals	Main Bowl	12:30	12:40	Track
Cadet	Boys	200m	Finals	Main Bowl	12:40	12:50	Track
Youth	Girls	200m	Finals	Main Bowl	12:50	13:00	Track
Youth	Boys	200m	Finals	Main Bowl	13:00	13:10	Track
Junior	Girls	200m	Finals	Main Bowl	13:10	13:20	Track
Junior	Boys	200m	Finals	Main Bowl	13:20	13:30	Track
Youth	Girls	800m	Finals	Main Bowl	13:30	13:40	Track
Youth	Boys	800m	Finals	Main Bowl	13:40	13:50	Track
Junior	Girls	800m	Finals	Main Bowl	13:50	14:00	Track
Junior	Boys	800m	Finals	Main Bowl	14:00	14:10	Track
Cadet	Girls	4x100m	Finals	Main Bowl	14:10	14:20	Track
Cadet	Boys	4x100m	Finals	Main Bowl	14:20	14:30	Track
Youth	Girls	4x100m	Finals	Main Bowl	14:30	14:40	Track
Youth	Boys	4x100m	Finals	Main Bowl	14:40	14:50	Track
Junior	Girls	4x100m	Finals	Main Bowl	14:50	15:00	Track
Junior	Boys	4x100m	Finals	Main Bowl	15:00	15:10	Track
Cadet	Girls	4x400m	Finals	Main Bowl	15:10	15:25	Track
Cadet	Boys	4x400m	Finals	Main Bowl	15:25	15:40	Track
Youth	Girls	4x400m	Finals	Main Bowl	15:40	15:55	Track
Youth	Boys	4x400m	Finals	Main Bowl	15:55	16:10	Track
Junior	Mixed	4x400m	Finals	Main Bowl	16:10	16:25	Track
MEDAL PRESENTATIONS - 87 MEDALS:							
Cadet, Youth, Junior Girls , Boys 200m, Long Jump, 4x100m							
Cadet, Youth Girls , Boys 4x400m							
Youth, Junior Girls , Boys 800m							
Junior Girls, Boys 400mH; Junior Mixed 4x400m				Main Bowl	16:25	17:35	Track & Field
Cadet, Youth & Juniors	Girls & Boys	Abuja Top 10 (excl. previous Top 10 MVPs)	Awards	Main Bowl	17:35	17:45	Track & Field
Cadet, Youth & Juniors	Girls & Boys	TOP 20 ATHLETES	Academy Shortlist	Main Bowl	17:45	18:00	Track & Field
5 SCHOOL/TEAM TITLES & TROPHY PRESENTATIONS							
Cadet, Youth Girls, Boys School Champions							
Junior Team Champions (Girls + Boys)				Main Bowl	18:00	18:30	Track & Field

END OF CHAMPIONSHIP - 6.30PM

