











on 9-11 November 2023 at Lekan Salami 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

# ALL YOUTH (U17) & JUNIOR (U20) ATHLETES COMPETING ON DAY 1 MUST REPORT FOR REGISTRATION BY 8AM

**MEDALS** 

## **DAY 1 - MORNING SESSION**

**FINALS** 

# Thursday 09 November 2023

	START	END
DAY 1 AM	9:00	13:30
Lekan Salami Stadium	3.00	15.50

HEATS/PRELIMS

~100+100M RACES	3 FINALS	9 MEDALS
U20 Boys LJ Prelims	U20 Girls LJ Finals, U17 Shot Put	(awarded at end of PM Session)

Lekan Salami Stadium
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## Notes, Rules & Guidelines for Day 1 Morning Session:

(1) For Youth and Junior Girls and Boys 100m, only the Top 24 fastest times in the Heats will advance to Semis in the afternoon (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!)

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Junior	Girls	Long Jump	Finals	14	Lekan Salami	9:00	10:00	Field
Junior	Boys	Long Jump	Preliminaries	56	Lekan Salami	10:00	12:30	Field
Youth	Girls	Shot Put	Finals	24	Lekan Salami	9:00	10:30	Field
Youth	Boys	Shot Put	Finals	33	Lekan Salami	10:30	12:30	Field
Youth	Girls	100m	Heats	293	Lekan Salami	9:00	10:40	Track
Youth	Boys	100m	Heats	315	Lekan Salami	10:40	12:30	Track
Junior	Girls	100m	Heats	41	Lekan Salami	12:30	12:50	Track
Junior	Boys	100m	Heats	113	Lekan Salami	12:50	13:30	Track

# DAY 1 INTERMISSION: 1:30PM - 2PM

MEDAL

# **DAY 1 - AFTERNOON SESSION**

FINALS

	START	END
DAY 1 PM	14:00	17:10
Lekan Salami Staidum		

		FILESEIVIATIONS
Highlights of the Session		
~30 400M HEATS, ~20 100M SEMIS	2 FINALS	15 MEDALS
U17 Girls LJ Prelims, U17 Boys HJ Prelims	U20 Shot Put	AWARDED

PRELIMS/HEATS/SEMIS

MEDAL AWARDS Lekan Salami Stadium	17:00	17:10
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# $\underline{\textit{Notes, Rules \& Guidelines for Day 1 Afternoon Session}}:$

(1) For Youth Girls & Boys 400m and Junior Boys 400m, Top 16 fastest times in 400m Heats to Finals A & B (Top 8 for Junior Girls 400m Final) on Day 2
(2) The Youth & Junior 100m Semi-Finals each include 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!)

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Junior	Girls	Shot Put	Finals	5	Lekan Salami	14:00	14:30	Field
Junior	Boys	Shot Put	Finals	11	Lekan Salami	14:30	15:30	Field
Youth	Girls	Long Jump	Preliminaries	67	Lekan Salami	14:00	16:30	Field
Youth	Boys	High Jump	Preliminaries	78	Lekan Salami	14:00	16:30	Field
Junior	Girls	400m	Heats	11	Lekan Salami	14:00	14:10	Track
Junior	Boys	400m	Heats	38	Lekan Salami	14:10	14:30	Track
Youth	Girls	400m	Heats	83	Lekan Salami	14:30	15:10	Track
Youth	Boys	400m	Heats	104	Lekan Salami	15:10	16:00	Track
Junior	Girls	100m	Semi-Finals	24	Lekan Salami	16:00	16:15	Track
Junior	Boys	100m	Semi-Finals	24	Lekan Salami	16:15	16:30	Track
Youth	Girls	100m	Semi-Finals	24	Lekan Salami	16:30	16:45	Track
Youth	Boys	100m	Semi-Finals	24	Lekan Salami	16:45	17:00	Track
You	MEDAL PRESENTATIONS  Junior   Girls   Long Jump  Youth, Junior   Girls, Boys   Shot Put			15	Lekan Salami	17:00	17:10	Field

## **END OF DAY 1 - 5:10PM**



























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 $No\ of\ Athletes\ and\ Heats/Races\ for\ each\ Round\ subject\ to\ change,\ depending\ on\ final\ attendance\ of\ confirmed\ participants$ 

ALL YOUTH (U17) & JUNIOR (U20) ATHLETES COMPETING ON DAY 2 MUST REPORT FOR REGISTRATION BY 8AM

IMPORTANT: REGISTRATION FOR YOUTH (U17) 4X100M RELAY HEATS IN THE AFTERNOON WILL TAKE PLACE STRICTLY ON ARRIVAL FROM 8-9AM

## Notes, Rules & Guidelines for Day 2:

(1) Only the Top 24 fastest times in each of the Youth & Junior 200m Heats will advance to Semi-Finals in the Day 3 Morning Session (2) Only the Top 8 fastest times in each of the Youth 4x100m Heats will advance to the Finals in the Day 3 Afternoon Session (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!)

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9 MEDALS

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## **DAY 2 - MORNING SESSION**

**FINALS** 

3 FINALS

U17 Girls HJ Finals, U17 Discus

## Friday 10 November 2023

	START	END
DAY 2 AM	9:00	13:30
Lekan Salami Stadium		15.50

MEDAL AWA
Lekan Salami Sta

DAL AWARDS	17:15	17:59
an Salami Stadium	17.13	17.33

CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Youth	Girls	High Jump	Finals	43	Lekan Salami	9:00	11:00	Field
Youth	Boys	Long Jump	Preliminaries	90	Lekan Salami	9:00	13:00	Field
Youth	Girls	Discus	Finals	23	Lekan Salami	9:00	10:30	Field
Youth	Boys	Discus	Finals	25	Lekan Salami	10:30	12:30	Field
Youth	Girls	200m	Heats	307	Lekan Salami	9:00	10:50	Track
Youth	Boys	200m	Heats	295	Lekan Salami	10:50	12:30	Track
Junior	Girls	200m	Heats	45	Lekan Salami	12:30	12:50	Track
Junior	Boys	200m	Heats	115	Lekan Salami	12:50	13:30	Track

DAY 2 INTERMISSION: 1:30PM - 2PM

## **DAY 2 - AFTERNOON SESSION**

## Friday 10 November 2023

	START	END
DAY 2 PM	14:00	17:59
Lekan Salami Stadium		17.55

HEATS	FINALS	MEDALS
Highlights of the Si	ession	

Highlights of the Session	
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PRELIMS/HEATS

~100+200M HEATS

U17 Boys LJ Prelims

Highlights of the Session

Youth 4x100m	19 FINALS - 100m, 400m, Triple Jump,	66 MEDALS TO
Relay Heats	U20 Discus & 1500m, U17 Boys' High Jump	BE AWARDED

MEDAL AWARDS	47.45	47.50
Lekan Salami Stadium	17:15	17:59

CATEGORY	GENDER	EVENT	ROUND	#ATHLETES / TEAMS	LOCATION	START TIME	END TIME	AREA
Youth	Boys	High Jump	Finals	8	Lekan Salami	14:00	15:00	Field
Junior	Girls	Discus	Finals	6	Lekan Salami	14:00	14:40	Field
Junior	Boys	Discus	Finals	11	Lekan Salami	14:40	15:40	Field
Junior	Boys	Triple Jump	Finals	9	Lekan Salami	14:00	14:50	Field
Youth	Girls	Triple Jump	Finals	12	Lekan Salami	14:50	15:50	Field
Youth	Boys	Triple Jump	Finals	17	Lekan Salami	15:50	17:00	Field
Junior	Boys	1500m	Finals	12	Lekan Salami	14:00	14:10	Track
Cadet	Girls	400m	Finals A & B	16	Lekan Salami	14:10	14:20	Track
Cadet	Boys	400m	Finals A & B	16	Lekan Salami	14:20	14:30	Track
Youth	Girls	400m	Finals A & B	16	Lekan Salami	14:30	14:40	Track
Youth	Boys	400m	Finals A & B	16	Lekan Salami	14:40	14:50	Track
Junior	Girls	400m	Finals	8	Lekan Salami	14:50	14:55	Track
Junior	Boys	400m	Finals A & B	16	Lekan Salami	14:55	15:05	Track
Cadet	Girls	100m	Finals	8	Lekan Salami	15:05	15:10	Track
Cadet	Boys	100m	Finals	8	Lekan Salami	15:10	15:15	Track
Youth	Girls	100m	Finals	8	Lekan Salami	15:15	15:20	Track
Youth	Boys	100m	Finals	8	Lekan Salami	15:20	15:25	Track
Junior	Girls	100m	Finals	8	Lekan Salami	15:25	15:30	Track
Junior	Boys	100m	Finals	8	Lekan Salami	15:30	15:35	Track
Youth	Girls	4x100m	Heats	92	Lekan Salami	15:40	16:25	Track
Youth	Boys	4x100m	Heats	95	Lekan Salami	16:25	17:10	Track
Youth   Girls	MEDAL PRESE outh, Junior   Gir s, Boys   High Jun Junior   Girls, Boy	ls, Boys   100m, np; Junior   Boys	1500m	66	Lekan Salami	17:15	17:59	Track & Field

**END OF DAY 2 - 6PM** 



























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# ALL ATHLETES (CADET, YOUTH & JUNIOR) COMPETING ON DAY 3 MUST REPORT FOR REGISTRATION BY 8AM

## **DAY 3 - MORNING SESSION**

# PRELIMS/SEMIS FINALS MEDALS

# Saturday 11 November 2023

	START	END
DAY 3 AM	9:00	12:30
Lekan Salami Stadium	3.00	12.50

## Highlights of the Session

18 200M SEMIS	12 FINALS - Javelin, U14 High Jump,	36 MEDALS TO
U14 LJ Prelims	800m & Hurdles (400mH, 100mH/110mH)	BE AWARDED

MEDAL AWARDS	12:00	12:24
Lekan Salami Stadium	12.00	12.24

## Notes, Rules & Guidelines for Day 3 Morning Session:

(1) 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!)

# IMPORTANT: REGISTRATION FOR JUNIOR 4X100M HEATS & MIXED 4X400M FINALS IN AFTERNOON WILL TAKE PLACE STRICTLY ON ARRIVAL FROM 8-9AM

CATEGORY	GENDER	EVENT	ROUND	#ATHLETES / TEAMS	LOCATION	START TIME	END TIME	AREA
Junior	Girls	Javelin	Finals	3	Lekan Salami	9:00	9:30	Field
Junior	Boys	Javelin	Finals	16	Lekan Salami	9:30	10:00	Field
Cadet	Girls	High Jump	Finals	24	Lekan Salami	9:00	10:25	Field
Cadet	Boys	Long Jump	Preliminaries	55	Lekan Salami	9:00	10:25	Field
Cadet	Boys	High Jump	Finals	27	Lekan Salami	10:25	12:00	Field
Cadet	Girls	Long Jump	Preliminaries	61	Lekan Salami	10:25	12:00	Field
Junior	Girls	400m Hurdles	Finals	3	Lekan Salami	9:00	9:05	Track
Junior	Boys	400m Hurdles	Finals	9	Lekan Salami	9:05	9:10	Track
Cadet	Girls	200m	Semi-Finals	24	Lekan Salami	9:15	9:30	Track
Cadet	Boys	200m	Semi-Finals	24	Lekan Salami	9:30	9:45	Track
Youth	Girls	200m	Semi-Finals	24	Lekan Salami	9:45	10:00	Track
Youth	Boys	200m	Semi-Finals	24	Lekan Salami	10:00	10:15	Track
Junior	Girls	200m	Semi-Finals	24	Lekan Salami	10:15	10:30	Track
Junior	Boys	200m	Semi-Finals	24	Lekan Salami	10:30	10:45	Track
Youth	Girls	800m	Finals A & B	25	Lekan Salami	10:45	10:55	Track
Youth	Boys	800m	Finals A & B	38	Lekan Salami	10:55	11:05	Track
Junior	Girls	800m	Finals	8	Lekan Salami	11:05	11:10	Track
Junior	Boys	800m	Finals	8	Lekan Salami	11:10	11:15	Track
Junior	Girls	100m Hurdles	Finals A & B	12	Lekan Salami	11:35	11:45	Track
Junior	Boys	110m Hurdles	Finals	6	Lekan Salami	11:50	11:55	Track
MEDAL PRESENTATIONS  Cadet   Girls, Boys   High Jump  Youth, Junior   Girls, Boys   800m  Junior   Girls, Boys   Javelin, 400mH, 100mH/110mH			36	Lekan Salami	12:00	12:24	Track & Field	

**DAY 3 INTERMISSION: 12:30PM - 1PM** 



























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# **DAY 3 - AFTERNOON SESSION (CHAMPIONSHIP DECIDER)**

FINALS	MEDAL, MVP & TROPHY PRESENTATIONS

# Saturday 11 November 2023

	START	END	
DAY 3 PM	13:00	17:30	
Lekan Salami Stadium	13.00	17.30	

## Highlights of the Session

20 FIN	NALS	60 MEDALS TO BE AWARDED		
200m, Long Jump & U20 High Jump		6 MVPs TO RECEIVE PRIZES		
4x100m Relays	Mixed 4x400m	5 SCHOOL/TEAM TITLES DECIDED		

#### Lekan Salami Stadium

MEDALS	15:30	16:24
MVPs	16:25	16:35
TROPHIES	16:40	17:30

## Notes, Rules & Guidelines for Day 3 Morning Session:

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

#### IMPORTANT: REGISTRATION FOR JUNIOR 4X100M HEATS & MIXED 4X400M FINALS WILL TAKE PLACE STRICTLY ON ARRIVAL IN THE MORNING (8-9AM)

CATEGORY	GENDER	EVENT	ROUND	#ATHLETES / TEAMS	LOCATION	START TIME	END TIME	AREA
Junior	Boys	High Jump	Finals	27	Lekan Salami	13:00	14:30	Field
Junior	Girls	High Jump	Finals	2	Lekan Salami	14:30	15:00	Field
Cadet	Girls	Long Jump	Finals	8	Lekan Salami	13:00	13:30	Field
Cadet	Boys	Long Jump	Finals	8	Lekan Salami	13:30	14:00	Field
Youth	Girls	Long Jump	Finals	8	Lekan Salami	14:00	14:30	Field
Youth	Boys	Long Jump	Finals	8	Lekan Salami	14:30	15:00	Field
Junior	Boys	Long Jump	Finals	8	Lekan Salami	15:00	15:30	Field
Cadet	Girls	200m	Finals	8	Lekan Salami	13:00	13:05	Track
Cadet	Boys	200m	Finals	8	Lekan Salami	13:05	13:10	Track
Youth	Girls	200m	Finals	8	Lekan Salami	13:10	13:15	Track
Youth	Boys	200m	Finals	8	Lekan Salami	13:15	13:20	Track
Junior	Girls	200m	Finals	8	Lekan Salami	13:20	13:25	Track
Junior	Boys	200m	Finals	8	Lekan Salami	13:25	13:30	Track
Junior	Girls	4x100m	Heats	18	Lekan Salami	13:40	13:55	Track
Junior	Boys	4x100m	Heats	46	Lekan Salami	13:55	14:20	Track
Cadet	Girls	4x100m	Finals	8	Lekan Salami	14:20	14:30	Track
Cadet	Boys	4x100m	Finals	8	Lekan Salami	14:30	14:40	Track
Youth	Girls	4x100m	Finals	8	Lekan Salami	14:40	14:50	Track
Youth	Boys	4x100m	Finals	8	Lekan Salami	14:50	15:00	Track
Junior	Girls	4x100m	Finals	8	Lekan Salami	15:00	15:10	Track
Junior	Boys	4x100m	Finals	8	Lekan Salami	15:10	15:20	Track
Junior	Mixed	4x400m	Finals	8	Lekan Salami	15:20	15:30	Track
MEDAL PRESENTATIONS  Cadet, Youth, Junior   Girls, Boys   Long Jump (U20 Girls - Day 1)  Cadet, Youth, Junior   Girls , Boys   200m, 4x100m  Junior Mixed 4x400m; Junior   Girls, Boys   High Jump			60	Lekan Salami	15:30	16:24	Track & Field	
Cadet, Youth & Juniors	Girls & Boys	MVP	Awards	6	Lekan Salami	16:25	16:35	Track & Field
SCHOOL/TEAM TITLES & TROPHY PRESENTATIONS  Cadet, Youth   Girls, Boys   School Champions  Junior Team Champions (Girls + Boys)			5	Lekan Salami	16:40	17:30	Track & Field	

**END OF CHAMPIONSHIP - 5:30PM** 













