



MTN CHAMPS UYO 2025 - TENTATIVE EVENTS SCHEDULE (DAY 1 OF 4)

on 6 - 9 May 2025 at Godswill Akpabio Stadium

DAY 1 - MORNING SESSION

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

Highlights of the Session

400m Heats Cadet LJ Prelims	5 FINALS - U17 GIRLS' HIGH JUMP, U20 & SENIOR DISCUS THROW	15 MEDALS AWARDED
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MEDAL AWARDS Main Bowl	12:50	13:00
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CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Youth	Girls	High Jump	Finals	Main Bowl	9:00	11:30	Field
Senior	Women	Discus	Finals	Warm Up Track	9:00	9:40	Field
Senior	Men	Discus	Finals	Warm Up Track	9:40	10:50	Field
Junior	Girls	Discus	Finals	Warm Up Track	10:50	11:20	Field
Junior	Boys	Discus	Finals	Warm Up Track	11:20	12:00	Field
Cadet	Boys	Long Jump	Preliminaries	Main Bowl	9:00	12:00	Field
Cadet	Boys	400m	Heats	Warm Up Track	9:00	9:50	Track
Cadet	Girls	400m	Heats	Warm Up Track	9:50	10:35	Track
Youth	Boys	400m	Heats	Warm Up Track	10:35	12:00	Track
Senior	Women	400m	Heats	Main Bowl	9:00	9:20	Track
Senior	Men	400m	Heats	Main Bowl	9:20	10:50	Track
Junior	Girls	400m	Heats	Main Bowl	10:50	11:10	Track
Junior	Boys	400m	Heats	Main Bowl	11:10	12:00	Track
OPENING CEREMONY				Main Bowl	12:00	12:50	Track & Field
MEDAL PRESENTATIONS				Main Bowl	12:50	13:00	Field
Youth Girls High Jump; Youth, Junior Girls, Boys Discus Throw							

DAY 1 INTERMISSION: 1:00PM - 1:30PM

DAY 1 - AFTERNOON SESSION

HEATS / PRELIMS	FINALS	MEDALS
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	START	END
DAY 1 PM Main Bowl	13:30	18:30
DAY 1 PM Warm Up Track	13:30	17:30

Highlights of the Session

U14/U17 100m Heats, U20 Boys' LJ, U20 & Senior 100/110mH	4 FINALS - U20 & SENIOR WOMEN'S HIGH JUMP, U17 DISCUS THROW	12 MEDALS AWARDED
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MEDAL AWARDS Main Bowl	18:00	18:10
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CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Junior	Girls	High Jump	Finals	Main Bowl	13:30	14:45	Field
Senior	Women	High Jump	Finals	Main Bowl	14:45	16:00	Field
Youth	Girls	Discus	Finals	Warm Up Track	13:30	15:30	Field
Youth	Boys	Discus	Finals	Warm Up Track	15:30	17:30	Field
Cadet	Girls	Long Jump	Preliminaries	Main Bowl	13:30	16:00	Field
Junior	Boys	Long Jump	Preliminaries	Main Bowl	16:00	18:30	Field
Youth	Girls	400m	Heats	Warm Up Track	13:30	14:30	Track
Cadet	Girls	100m	Heats	Warm Up Track	14:30	15:50	Track
Cadet	Boys	100m	Heats	Warm Up Track	15:50	17:30	Track
Youth	Girls	100m	Heats	Main Bowl	13:30	15:10	Track
Youth	Boys	100m	Heats	Main Bowl	15:10	17:00	Track
Junior	Girls	100m Hurdles	Heats	Main Bowl	17:00	17:10	Track
Senior	Women	100m Hurdles	Heats	Main Bowl	17:10	17:20	Track
Junior	Boys	110m Hurdles	Heats	Main Bowl	17:25	17:40	Track
Senior	Men	110m Hurdles	Heats	Main Bowl	17:40	18:00	Track
MEDAL PRESENTATIONS				Main Bowl	18:00	18:10	Field
Junior, Senior Female High Jump; Senior Women, Men Discus Throw							

END OF DAY 1 - 6:10PM





MTN CHAMPS UYO 2025 - TENTATIVE EVENTS SCHEDULE (DAY 2 OF 4)

on 6 - 9 May 2025 at Godswill Akpabio Stadium

DAY 2 - MORNING SESSION

HEATS / PRELIMS	FINALS	MEDALS
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	START	END
DAY 2 AM Main Bowl	9:00	13:30
DAY 2 AM Warm Up Track	9:00	13:00

Highlights of the Session

U17 Boy's LJ, U14 Girls' & U17 200m Heats, U20 & Senior 100m Heats	11 FINALS - U14 HIGH JUMP, U20 JAVELIN, SENIOR WOMEN & U20 TRIPLE JUMP, U20 & SENIOR 400M HURDLES	30 MEDALS AWARDED
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MEDAL AWARDS Main Bowl	13:00	13:20
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CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Cadet	Girls	High Jump	Finals	Main Bowl	9:00	10:30	Field
Cadet	Boys	High Jump	Finals	Main Bowl	10:30	12:30	Field
Junior	Girls	Javelin	Finals	Warm Up Track	9:00	9:30	Field
Junior	Boys	Javelin	Finals	Warm Up Track	9:30	11:30	Field
Youth	Boys	Long Jump	Preliminaries	Main Bowl	9:00	12:00	Field
Junior	Girls	Triple Jump	Finals	Main Bowl	12:00	12:30	Field
Senior	Women	Triple Jump	Finals	Main Bowl	12:00	12:30	Field
Junior	Boys	Triple Jump	Finals	Main Bowl	12:30	13:30	Field
Youth	Girls	200m	Heats	Warm Up Track	9:00	10:20	Track
Youth	Boys	200m	Heats	Warm Up Track	10:20	12:00	Track
Cadet	Girls	200m	Heats	Warm Up Track	12:00	13:00	Track
Junior	Girls	100m	Heats	Main Bowl	9:00	9:30	Track
Junior	Boys	100m	Heats	Main Bowl	9:30	10:30	Track
Senior	Women	100m	Preliminaries	Main Bowl	10:30	10:50	Track
Senior	Men	100m	Preliminaries	Main Bowl	10:50	12:20	Track
Junior	Girls	400m Hurdles	Finals	Main Bowl	12:20	12:25	Track
Senior	Women	400m Hurdles	Finals	Main Bowl	12:25	12:30	Track
Junior	Boys	400m Hurdles	Finals	Main Bowl	12:30	12:40	Track
Senior	Men	400m Hurdles	Finals	Main Bowl	12:40	13:00	Track
<u>MEDAL PRESENTATIONS</u>							
Cadet Girls, Boys High Jump; Junior Girls, Boys Javelin Junior, Senior Female Triple Jump; Junior, Senior Female, Male 400m Hurdles				Main Bowl	13:00	13:20	Track & Field

DAY 2 INTERMISSION: 1:30PM - 2:00PM

DAY 2 - AFTERNOON SESSION

SEMIS / HEATS	FINALS	MEDALS
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	START	END
DAY 2 PM Main Bowl	14:00	18:00
DAY 2 PM Warm Up Track	14:00	18:00

Highlights of the Session

U14 Boys' & U20/Senior 200m, U17 800m and U14/U17 4x100m Heats	5 FINALS - SENIOR MEN & U17 TRIPLE JUMP, SENIOR JAVELIN	18 MEDALS AWARDED
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MEDAL AWARDS Main Bowl	18:00	18:10
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CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Senior	Men	Triple Jump	Finals	Main Bowl	14:00	15:15	Field
Youth	Girls	Triple Jump	Finals	Main Bowl	15:15	16:15	Field
Youth	Boys	Triple Jump	Finals	Main Bowl	16:15	17:30	Field
Senior	Women	Javelin	Finals	Warm Up Track	14:00	14:30	Field
Senior	Men	Javelin	Finals	Warm Up Track	14:30	16:00	Field
Cadet	Boys	200m	Heats	Warm Up Track	14:00	15:00	Track
Youth	Girls	800m	Heats	Warm Up Track	15:00	15:30	Track
Youth	Boys	800m	Heats	Warm Up Track	15:30	16:00	Track
Cadet	Girls	4x100m	Heats	Warm Up Track	16:00	16:30	Track
Cadet	Boys	4x100m	Heats	Warm Up Track	16:30	17:00	Track
Youth	Girls	4x100m	Heats	Warm Up Track	17:00	17:30	Track
Youth	Boys	4x100m	Heats	Warm Up Track	17:30	18:00	Track
Junior	Girls	200m	Heats	Main Bowl	14:00	14:40	Track
Junior	Boys	200m	Heats	Main Bowl	14:40	15:50	Track
Senior	Women	200m	Heats	Main Bowl	15:50	16:20	Track
Senior	Men	200m	Heats	Main Bowl	16:20	18:00	Track
MEDAL PRESENTATIONS							
Youth Female, Male & Junior, Senior Male Triple Jump				Main Bowl	18:00	18:10	Field
Senior Women, Men Javelin							

END OF DAY 2 - 6:10PM





MTN CHAMPS UYO 2024 - TENTATIVE EVENTS SCHEDULE (DAY 3 OF 4)
on 6 - 9 May 2025 at Godswill Akpabio Stadium

DAY 3 - MORNING SESSION

HEATS / PRELIMS	FINALS	MEDALS		START	END
			DAY 3 AM Main Bowl	9:00	13:00
			DAY 2 PM Warm Up Track	9:00	13:00
Highlights of the Session					
U17 Girls' LJ Prelims	21 FINALS - 400M (ALL CATEGORIES), U20 & SENIOR 100M/110MH & 1500M, U17 BOYS' HJ, U20 GIRLS' LJ, U20 BOYS' & U17 SHOT PUT	60 MEDALS AWARDED	MEDAL AWARDS Man Bowl	12:00	12:45

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Youth	Boys	High Jump	Finals	Main Bowl	9:00	11:30	Field
Youth	Girls	Shot Put	Finals	Warm Up Track	9:00	10:30	Field
Youth	Boys	Shot Put	Finals	Warm Up Track	10:30	12:00	Field
Junior	Boys	Shot Put	Finals	Warm Up Track	12:00	13:00	Field
Junior	Girls	Long Jump	Finals	Main Bowl	9:00	10:30	Field
Youth	Girls	Long Jump	Preliminaries	Main Bowl	10:30	13:00	Field
Junior	Girls	100m Hurdles	Finals	Main Bowl	9:00	9:05	Track
Senior	Women	100m Hurdles	Finals	Main Bowl	9:05	9:10	Track
Junior	Boys	110m Hurdles	Finals	Main Bowl	9:15	9:20	Track
Senior	Men	110m Hurdles	Finals	Main Bowl	9:20	9:25	Track
Junior	Girls	1500m	Finals	Main Bowl	9:30	9:35	Track
Junior	Boys	1500m	Finals A & B	Main Bowl	9:35	9:45	Track
Senior	Women	1500m	Finals	Main Bowl	9:45	9:50	Track
Senior	Men	1500m	Finals A & B	Main Bowl	9:50	10:00	Track
Cadet	Girls	400m	Finals A & B	Main Bowl	10:00	10:15	Track
Cadet	Boys	400m	Finals A & B	Main Bowl	10:15	10:30	Track
Youth	Girls	400m	Finals A & B	Main Bowl	10:30	10:45	Track
Youth	Boys	400m	Finals A & B	Main Bowl	10:45	11:00	Track
Junior	Girls	400m	Finals A & B	Main Bowl	11:00	11:15	Track
Junior	Boys	400m	Finals A & B	Main Bowl	11:15	11:30	Track
Senior	Women	400m	Finals A & B	Main Bowl	11:30	11:45	Track
Senior	Men	400m	Finals A & B	Main Bowl	11:45	12:00	Track
MEDAL PRESENTATIONS Youth Boys High Jump; Junior, Senior Female, Male 100/110m Hurdles, 1500m; Cadet, Youth, Junior, Senior Female, Male 400m; Youth Girls, Boys Shot Put				Main Bowl	12:00	12:45	Track & Field

DAY 3 INTERMISSION: 1:00PM - 1.30PM

DAY 3 - AFTERNOON SESSION

HEATS/SEMIS	FINALS	MEDALS		START	END
			DAY 3 PM Main Bowl	13:30	17:00
			DAY 3 PM Warm Up Track	13:30	16:30
Highlights of the Session					
Senior Men's LJ, U20 & Senior 800m Heats, 100m Semis (all categories)	15 FINALS - 100M (ALL), U20 BOYS' HIGH JUMP, U20 GIRLS' & SENIOR SHOT PUT, SENIOR WOMEN LONG JUMP, U20/SENIOR MIXED 4X1	48 MEDALS AWARDED	MEDAL AWARDS Main Bowl	17:40	18:10

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Junior	Boys	High Jump	Finals	Main Bowl	13:30	15:30	Field
Junior	Girls	Shot Put	Finals	Warm Up Track	13:30	14:00	Field
Senior	Women	Shot Put	Finals	Warm Up Track	14:00	15:00	Field
Senior	Men	Shot Put	Finals	Warm Up Track	15:00	16:30	Field
Senior	Women	Long Jump	Finals	Main Bowl	13:30	14:30	Field
Senior	Men	Long Jump	Preliminaries	Main Bowl	14:30	17:00	Field
Cadet	Girls	100m	Semi-Finals	Main Bowl	13:30	13:45	Track
Cadet	Boys	100m	Semi-Finals	Main Bowl	13:45	14:00	Track
Youth	Girls	100m	Semi-Finals	Main Bowl	14:00	14:15	Track
Youth	Boys	100m	Semi-Finals	Main Bowl	14:15	14:30	Track
Junior	Girls	100m	Semi-Finals	Main Bowl	14:30	14:45	Track
Junior	Boys	100m	Semi-Finals	Main Bowl	14:45	15:00	Track
Senior	Women	100m	Semi-Finals	Main Bowl	15:00	15:15	Track
Senior	Men	100m	Semi-Finals	Main Bowl	15:15	15:30	Track
Cadet	Girls	100m	Finals	Main Bowl	15:30	15:40	Track
Cadet	Boys	100m	Finals	Main Bowl	15:40	15:50	Track
Youth	Girls	100m	Finals	Main Bowl	15:50	16:00	Track
Youth	Boys	100m	Finals	Main Bowl	16:00	16:10	Track
Junior	Girls	100m	Finals	Main Bowl	16:10	16:20	Track
Junior	Boys	100m	Finals	Main Bowl	16:20	16:30	Track
Senior	Women	100m	Finals	Main Bowl	16:30	16:40	Track
Senior	Men	100m	Finals	Main Bowl	16:40	16:50	Track
Junior	Boys	800m	Heats	Main Bowl	16:50	17:00	Track
Senior	Men	800m	Heats	Main Bowl	17:00	17:20	Track
Junior	Mixed	4x100m	Finals	Main Bowl	17:20	17:30	Track
Senior	Mixed	4x100m	Finals	Main Bowl	17:30	17:40	Track
MEDAL PRESENTATIONS Junior Boys High Jump; Junior, Senior Women, Men Shot Put & Mixed 4x100m Senior Women Long Jump; Cadet, Youth, Junior, Senior Female, Male 100m				Main Bowl	17:40	18:10	Track & Field

END OF DAY 3 - 6:10PM





MTN CHAMPS UYO 2024 - TENTATIVE EVENTS SCHEDULE (DAY 4 OF 4)
on 6 - 9 May 2025 at Godswill Akpabio Stadium

DAY 4 - MORNING SESSION

HEATS/SEMIS	FINALS	MEDALS	DAY 4 AM Main Bowl	START 9:00	END 11:30
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Highlights of the Session

U14 & U17 4x100m Heats, 200m Semis	12 FINALS - U17 & U20 LONG JUMP, U17, U20 & SENIOR 800M	36 MEDALS AWARDED	MEDAL AWARDS Main Bowl	11:30	11:50
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CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Youth	Girls	Long Jump	Finals	Main Bowl	9:00	9:35	Field
Youth	Boys	Long Jump	Finals	Main Bowl	9:35	10:10	Field
Cadet	Girls	Long Jump	Finals	Main Bowl	10:10	10:50	Field
Cadet	Boys	Long Jump	Finals	Main Bowl	10:50	11:30	Field
Youth	Girls	800m	Finals	Main Bowl	9:00	9:05	Track
Youth	Boys	800m	Finals	Main Bowl	9:05	9:10	Track
Junior	Girls	800m	Finals	Main Bowl	9:10	9:15	Track
Junior	Boys	800m	Finals	Main Bowl	9:15	9:20	Track
Senior	Women	800m	Finals	Main Bowl	9:20	9:25	Track
Senior	Men	800m	Finals	Main Bowl	9:25	9:30	Track
Cadet	Girls	200m	Semi-Finals	Main Bowl	9:30	9:45	Track
Cadet	Boys	200m	Semi-Finals	Main Bowl	9:45	10:00	Track
Youth	Girls	200m	Semi-Finals	Main Bowl	10:00	10:15	Track
Youth	Boys	200m	Semi-Finals	Main Bowl	10:15	10:30	Track
Junior	Girls	200m	Semi-Finals	Main Bowl	10:30	10:45	Track
Junior	Boys	200m	Semi-Finals	Main Bowl	10:45	11:00	Track
Senior	Women	200m	Semi-Finals	Main Bowl	11:00	11:15	Track
Senior	Men	200m	Semi-Finals	Main Bowl	11:15	11:30	Track
MEDAL PRESENTATIONS Cadet, Youth Girls, Boys Long Jump Youth, Junior, Senior Female, Male 800m				Main Bowl	11:30	11:50	Track & Field

DAY 4 INTERMISSION: 11:50AM - 12:30PM

DAY 4 - AFTERNOON SESSION (CHAMPIONSHIP DECIDER)

FINALS	MEDAL, MVP & TROPHY PRESENTATIONS	DAY 4 Main Bowl	START 12:30	END 18:30
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Highlights of the Session

23 FINALS - SENIOR MEN'S HIGH JUMP, U20 & SENIOR MEN'S LONG JUMP, U14, U17, U20 & SENIOR 200M & 4X100M, STAFF 100M & U20 & SENIOR MIXED 4X400M	69 MEDALS AWARDED 30 MVPs TO RECEIVE PRIZES 6 SCHOOL/TEAM TITLES DECIDED	MVPs	16:30	16:50
		SCHOOL TROPHIES	16:50	17:10
		MEDALS	17:30	18:20
		TEAM TROPHIES	18:20	18:30

CATEGORY	GENDER	EVENT	ROUND	LOCATION	START TIME	END TIME	AREA
Senior	Men	High Jump	Finals	Main Bowl	12:30	14:00	Field
Junior	Boys	Long Jump	Finals	Main Bowl	12:30	13:30	Field
Senior	Men	Long Jump	Finals	Main Bowl	13:30	14:30	Field
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
Senior	Women	200m	Finals	Main Bowl	13:30	13:40	Track
Senior	Men	200m	Finals	Main Bowl	13:40	13:50	Track
Staff/Parents/Teachers	Women	100m	Finals	Main Bowl	13:50	14:00	Track
Staff	Men	100m	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
Senior	Women	4x100m	Finals	Main Bowl	15:10	15:20	Track
Senior	Men	4x100m	Finals	Main Bowl	15:20	15:30	Track
Junior	Mixed	4x400m	Finals	Main Bowl	15:30	15:45	Track
Senior	Mixed	4x400m	Finals	Main Bowl	15:45	16:00	Track
CLOSING CEREMONY				Main Bowl	16:00	16:30	Track & Field
TOP 10 MVP AWARDS FOR BENIN, LAGOS & UYO				Main Bowl	16:30	16:50	Track & Field
SCHOOL TITLES & TROPHY PRESENTATIONS Cadet, Youth Girls, Boys School Champions				Main Bowl	16:50	17:10	Track & Field
CULTURAL PARADE AND ARTISTE PERFORMANCE				Main Bowl	17:10	17:30	Track & Field
MEDAL PRESENTATIONS Senior Men High Jump; Junior, Senior Male Long Jump; Cadet, Youth, Junior, Senior Female, Male 4x100m; Cadet, Youth, Junior, Senior Female, Male 200m Junior, Senior Mixed 4x400m				Main Bowl	17:30	18:20	Track & Field
TEAM TITLES & TROPHY PRESENTATIONS Junior Team Champions (Girls + Boys) Senior Team Champions (Women + Men)				Main Bowl	18:20	18:30	Track & Field

END OF CHAMPIONSHIP - 6.30PM

