



**MTN CHAMPS JOS 2024 - EVENTS SCHEDULE (DAY 1 OF 4)**

on 23-26 April 2024 at New Jos Stadium

All Athletes must wear their assigned bibs to compete throughout, which must be collected at New Jos Stadium prior to the Event, on Monday 22nd April

ALL Athletes under the age of 21 must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

For the Sprint Heats (100m, 200m), Top 32 for U14 & U17 and Top 24 for U20 & Senior by time progress to Semis, then Top 16 or 8 to Finals (e.g. 4Q 4q OR 2Q 2q to Final A)

For the Quarter-Mile Heats (400m), Top 16 Athletes for all age groups by time progress to Finals A & B (16q - 8 fastest to Final A, next 8 to Final B)

For all Field Preliminaries (both Jumps & Throws), each Athlete has 3 attempts only, with Top 8 only advancing to Final for 3 further attempts only!

ALL REGISTERED ATHLETES COMPETING IN DAY 1 AM EVENTS BELOW MUST REPORT AT NEW JOS STADIUM BY 8AM

**DAY 1 - MORNING SESSION**

**Tuesday 23 April 2024**

HEATS/PRELIMS	FINALS	MEDALS
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	START	END
DAY 1 AM New Jos Stadium	9:00	13:00

**Highlights of the Session**

400m Heats Cadet LJ Prelims	5 FINALS - U17 HIGH JUMP, U17 & U20 DISCUS THROW	15 MEDALS AWARDED
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MEDAL AWARDS New Jos Stadium	13:00	13:10
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CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Youth	Girls	High Jump	Finals	26	New Jos Stadium	9:00	11:30	Field
Youth	Girls	Discus	Finals	26	Rwang Pam Stadium	9:00	10:00	Field
Youth	Boys	Discus	Finals	28	Rwang Pam Stadium	10:00	11:00	Field
Junior	Girls	Discus	Finals	7	Rwang Pam Stadium	11:00	11:45	Field
Junior	Boys	Discus	Finals	20	Rwang Pam Stadium	11:45	13:00	Field
Cadet	Girls	Long Jump	Preliminaries	41	New Jos Stadium	9:00	11:00	Field
Cadet	Boys	Long Jump	Preliminaries	43	New Jos Stadium	11:00	13:00	Field
Senior	Women	400m	Heats	28	New Jos Stadium	9:00	9:15	Track
Senior	Men	400m	Heats	112	New Jos Stadium	9:15	10:00	Track
Junior	Girls	400m	Heats	20	New Jos Stadium	10:00	10:15	Track
Junior	Boys	400m	Heats	63	New Jos Stadium	10:15	10:45	Track
Youth	Girls	400m	Heats	65	New Jos Stadium	10:45	11:15	Track
Youth	Boys	400m	Heats	81	New Jos Stadium	11:15	12:00	Track
Cadet	Girls	400m	Heats	25	New Jos Stadium	12:00	12:30	Track
Cadet	Boys	400m	Heats	42	New Jos Stadium	12:30	13:00	Track
<b>MEDAL PRESENTATIONS</b>								
Youth   Girls   High Jump; Youth, Junior   Girls, Boys   Discus Throw				15	New Jos Stadium	13:00	13:10	Field

**DAY 1 INTERMISSION: 1.10PM - 2PM**

**DAY 1 - AFTERNOON SESSION**

**Tuesday 23 April 2024**

HEATS / PRELIMS	FINALS	MEDALS
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	START	END
DAY 1 PM New Jos Stadium	14:00	17:40

**Highlights of the Session**

U14 & U17 100m Heats, U20 Boys' LJ	4 FINALS - U20 & SENIOR WOMEN'S HIGH JUMP, SENIOR DISCUS	12 MEDALS AWARDED
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MEDAL AWARDS New Jos Stadium	17:30	17:40
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CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Junior	Girls	High Jump	Finals	16	New Jos Stadium	14:00	15:15	Field
Senior	Women	High Jump	Finals	0	New Jos Stadium	15:15	16:30	Field
Senior	Women	Discus	Finals	6	Rwang Pam Stadium	14:00	14:30	Field
Senior	Men	Discus	Finals	11	Rwang Pam Stadium	14:30	15:30	Field
Junior	Boys	Long Jump	Preliminaries	101	New Jos Stadium	14:00	16:30	Field
Cadet	Girls	100m	Heats	67	New Jos Stadium	14:00	14:45	Track
Cadet	Boys	100m	Heats	78	New Jos Stadium	14:45	15:30	Track
Youth	Girls	100m	Heats	106	New Jos Stadium	15:30	16:30	Track
Youth	Boys	100m	Heats	123	New Jos Stadium	16:30	17:30	Track
<b>MEDAL PRESENTATIONS</b>								
Junior, Senior   Female   High Jump; Senior   Women, Men   Discus Throw				12	New Jos Stadium	17:30	17:40	Field

**END OF DAY 1 - 5.40PM**





**MTN CHAMPS JOS 2024 - EVENTS SCHEDULE (DAY 2 OF 4)**

on 23-26 April 2024 at New Jos Stadium

All Athletes must wear their assigned bibs to compete throughout, which must be collected at New Jos Stadium prior to the Event, on Monday 22nd April

ALL Athletes under the age of 21 must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

For the Sprint Heats (100m, 200m), Top 32 for U14 & U17 and Top 24 for U20 & Senior by time progress to Semis, then Top 16 or 8 to Finals (e.g. 4Q 4q OR 2Q 2q to Final A)

For the Quarter-Mile Heats (400m), Top 16 Athletes for all age groups by time progress to Finals A & B (16q - 8 fastest to Final A, next 8 to Final B)

For all Field Preliminaries (both Jumps & Throws), each Athlete has 3 attempts only, with Top 8 only advancing to Final for 3 further attempts only!

ALL REGISTERED ATHLETES COMPETING IN DAY 2 AM EVENTS BELOW MUST REPORT AT NEW JOS STADIUM BY 8AM

**DAY 2 - MORNING SESSION**

**Wednesday 24 April 2024**

HEATS / PRELIMS	FINALS	MEDALS
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	START	END
DAY 2 AM New Jos Stadium	9:00	13:00

**Highlights of the Session**

U20 Boy's LJ & U20 200m Prelims, Senior Men's 200m Prelims	12 FINALS - U14 HIGH JUMP, U20 JAVELIN, 400M	36 MEDALS AWARDED
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MEDAL AWARDS New Jos Stadium	13:00	13:30
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CATEGORY	GENDER	EVENT	ROUND	NO. OF ATHLETES	LOCATION	START TIME	END TIME	AREA
Cadet	Girls	High Jump	Finals	15	New Jos Stadium	9:00	10:30	Field
Cadet	Boys	High Jump	Finals	35	New Jos Stadium	10:30	12:30	Field
Junior	Girls	Javelin	Finals	19	Rwang Pam Stadium	9:00	10:15	Field
Junior	Boys	Javelin	Finals	45	Rwang Pam Stadium	10:15	12:00	Field
Youth	Boys	Long Jump	Preliminaries	70	New Jos Stadium	9:00	12:00	Field
Junior	Girls	100m	Heats	86	New Jos Stadium	9:00	9:30	Track
Junior	Boys	100m	Heats	177	New Jos Stadium	9:30	10:30	Track
Senior	Women	100m	Prelims (if needed)	41	New Jos Stadium	10:30	10:50	Track
Senior	Men	100m	Preliminaries	147	New Jos Stadium	10:50	11:50	Track
Cadet	Girls	400m	Finals A & B	16	New Jos Stadium	11:50	12:00	Track
Cadet	Boys	400m	Finals A & B	16	New Jos Stadium	12:00	12:10	Track
Youth	Girls	400m	Finals A & B	16	New Jos Stadium	12:10	12:20	Track
Youth	Boys	400m	Finals A & B	16	New Jos Stadium	12:20	12:30	Track
Junior	Girls	400m	Finals	16	New Jos Stadium	12:30	12:35	Track
Junior	Boys	400m	Finals A & B	16	New Jos Stadium	12:35	12:45	Track
Senior	Women	400m	Finals	16	New Jos Stadium	12:45	12:50	Track
Senior	Men	400m	Finals A & B	16	New Jos Stadium	12:50	13:00	Track
<b>MEDAL PRESENTATIONS</b>								
Cadet   Girls, Boys   High Jump; Junior   Girls, Boys   Javelin Cadet, Youth, Junior, Senior   Female, Male   400m				36	New Jos Stadium	13:00	13:30	Track & Field

**DAY 2 INTERMISSION: 1.30PM - 2PM**





**MTN CHAMPS JOS 2024 - EVENTS SCHEDULE (DAY 2 OF 4)**

on 23-26 April 2024 at New Jos Stadium

All Athletes must wear their assigned bibs to compete throughout, which must be collected at New Jos Stadium prior to the Event, on Monday 22nd April

ALL Athletes under the age of 21 must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

For the Sprint Heats (100m, 200m), Top 32 for U14 & U17 and Top 24 for U20 & Senior by time progress to Semis, then Top 16 or 8 to Finals (e.g. 4Q 4q OR 2Q 2q to Final A)

For the Quarter-Mile Heats (400m), Top 16 Athletes for all age groups by time progress to Finals A & B (16q - 8 fastest to Final A, next 8 to Final B)

For all Field Preliminaries (both Jumps & Throws), each Athlete has 3 attempts only, with Top 8 only advancing to Final for 3 further attempts only!

**DAY 2 - AFTERNOON SESSION**

**Wednesday 24 April 2024**

SEMIS / HEATS	FINALS	MEDALS
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	START	END
DAY 2 PM New Jos Stadium	14:00	18:10

**Highlights of the Session**

100m Semi-Finals	20 FINALS - 100M, 1500M, TRIPLE JUMP, SENIOR JAVELIN	60 MEDALS AWARDED
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MEDAL AWARDS New Jos Stadium	17:30	18:10
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CATEGORY	GENDER	EVENT	ROUND	#ATHLETES / TEAMS	LOCATION	START TIME	END TIME	AREA
Youth	Girls	Triple Jump	Finals	12	New Jos Stadium	14:00	14:30	Field
Youth	Boys	Triple Jump	Finals	24	New Jos Stadium	14:30	15:15	Field
Junior	Girls	Triple Jump	Finals	3	New Jos Stadium	15:15	15:45	Field
Junior	Boys	Triple Jump	Finals	10	New Jos Stadium	15:45	16:30	Field
Senior	Women	Triple Jump	Finals	2	New Jos Stadium	16:30	17:00	Field
Senior	Men	Triple Jump	Finals	7	New Jos Stadium	17:00	17:30	Field
Senior	Women	Javelin	Finals	6	Rwang Pam Stadium	14:00	14:30	Field
Senior	Men	Javelin	Finals	24	Rwang Pam Stadium	14:30	16:00	Field
Cadet	Girls	100m	Semi-Finals	32	New Jos Stadium	14:00	14:15	Track
Cadet	Boys	100m	Semi-Finals	32	New Jos Stadium	14:15	14:30	Track
Youth	Girls	100m	Semi-Finals	32	New Jos Stadium	14:30	14:45	Track
Youth	Boys	100m	Semi-Finals	32	New Jos Stadium	14:45	15:00	Track
Junior	Girls	100m	Semi-Finals	24	New Jos Stadium	15:00	15:15	Track
Junior	Boys	100m	Semi-Finals	24	New Jos Stadium	15:15	15:30	Track
Senior	Women	100m	Semi-Finals	24	New Jos Stadium	15:30	15:45	Track
Senior	Men	100m	Semi-Finals	24	New Jos Stadium	15:45	16:00	Track
Junior	Girls	1500m	Finals	7	New Jos Stadium	16:00	16:05	Track
Junior	Boys	1500m	Finals A & B	28	New Jos Stadium	16:05	16:15	Track
Senior	Women	1500m	Finals	7	New Jos Stadium	16:15	16:20	Track
Senior	Men	1500m	Finals A & B	88	New Jos Stadium	16:20	16:30	Track
Cadet	Girls	100m	Finals A & B	16	New Jos Stadium	16:30	16:40	Track
Cadet	Boys	100m	Finals A & B	16	New Jos Stadium	16:40	16:50	Track
Youth	Girls	100m	Finals A & B	16	New Jos Stadium	16:50	17:00	Track
Youth	Boys	100m	Finals A & B	16	New Jos Stadium	17:00	17:10	Track
Junior	Girls	100m	Finals	8	New Jos Stadium	17:10	17:15	Track
Junior	Boys	100m	Finals	8	New Jos Stadium	17:15	17:20	Track
Senior	Women	100m	Finals	8	New Jos Stadium	17:20	17:25	Track
Senior	Men	100m	Finals	8	New Jos Stadium	17:25	17:30	Track
<b>MEDAL PRESENTATIONS</b>								
Youth, Junior, Senior   Female, Male   Triple Jump				60	New Jos Stadium	17:30	18:10	Track & Field
Senior   Women, Men   Javelin; Junior, Senior   Female, Male   1500m								
Cadet, Youth, Junior, Senior   Female, Male   100m								

**END OF DAY 2 - 6.10PM**





**MTN CHAMPS JOS 2024 - EVENTS SCHEDULE (DAY 3 OF 4)**

on 23-26 April 2024 at New Jos Stadium

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ALL Athletes under the age of 21 must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

For the Sprint Heats (100m, 200m), Top 32 for U14 & U17 and Top 24 for U20 & Senior by time progress to Semis, then Top 16 or 8 to Finals (e.g. 4Q 4q OR 2Q 2q to Final A)

For the Quarter-Mile Heats (400m), Top 16 Athletes for all age groups by time progress to Finals A & B (16q - 8 fastest to Final A, next 8 to Final B)

For all Field Preliminaries (both Jumps & Throws), each Athlete has 3 attempts only, with Top 8 only advancing to Final for 3 further attempts only!

ALL REGISTERED ATHLETES COMPETING IN DAY 3 AM EVENTS BELOW MUST REPORT AT NEW JOS STADIUM BY 8AM

**DAY 3 - MORNING SESSION**

**Thursday 25 April 2024**

HEATS / PRELIMS	FINALS	MEDALS
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	START	END
DAY 3 AM New Jos Stadium	9:00	13:10

**Highlights of the Session**

U17 Boy's LJ Prelims, U17 400m Heats, U20/Senior 100mH/110mH	5 FINALS - U17 BOYS' HIGH JUMP, U17 & U20 SHOT PUT	15 MEDALS AWARDED
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MEDAL AWARDS New Jos Stadium	13:00	13:10
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CATEGORY	GENDER	EVENT	ROUND	# ATHLETES	LOCATION	START TIME	END TIME	AREA
Youth	Boys	High Jump	Finals	49	New Jos Stadium	9:00	11:30	Field
Youth	Girls	Shot Put	Finals	22	Rwang Pam Stadium	9:00	10:15	Field
Youth	Boys	Shot Put	Finals	23	Rwang Pam Stadium	10:15	11:00	Field
Junior	Girls	Shot Put	Finals	7	Rwang Pam Stadium	11:00	11:45	Field
Junior	Boys	Shot Put	Finals	29	Rwang Pam Stadium	11:45	13:00	Field
Youth	Girls	Long Jump	Preliminaries	53	New Jos Stadium	9:00	11:00	Field
Junior	Girls	Long Jump	Preliminaries	42	New Jos Stadium	11:00	13:00	Field
Senior	Women	200m	Heats	37	New Jos Stadium	9:00	9:15	Track
Junior	Girls	200m	Heats	87	New Jos Stadium	9:15	9:40	Track
Youth	Girls	200m	Heats	112	New Jos Stadium	9:40	10:40	Track
Youth	Boys	200m	Heats	132	New Jos Stadium	10:40	11:40	Track
Cadet	Girls	200m	Heats	66	New Jos Stadium	11:40	12:20	Track
Cadet	Boys	200m	Heats	94	New Jos Stadium	12:20	13:00	Track
<b>MEDAL PRESENTATIONS</b>				15	New Jos Stadium	13:00	13:10	Field
Youth   Boys   High Jump; Youth, Junior   Girls, Boys   Shot Put								

DAY 3 INTERMISSION: 1.10PM - 2PM

**DAY 3 - AFTERNOON SESSION**

**Thursday 25 April 2024**

SEMIS	FINALS	MEDALS
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	START	END
DAY 3 PM New Jos Stadium	14:00	18:10

**Highlights of the Session**

Senior Men's LJ, U20/Senior Men's 200m, 800m, 200m Semis	4 FINALS - U20 BOYS' HIGH JUMP, SENIOR SHOT PUT & WOMEN'S LONG JUMP	12 MEDALS AWARDED
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MEDAL AWARDS New Jos Stadium	18:00	18:10
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CATEGORY	GENDER	EVENT	ROUND	# ATHLETES	LOCATION	START TIME	END TIME	AREA
Junior	Boys	High Jump	Finals	46	New Jos Stadium	14:00	16:00	Field
Senior	Women	Shot Put	Finals	5	Rwang Pam Stadium	14:00	14:30	Field
Senior	Men	Shot Put	Finals	20	Rwang Pam Stadium	14:30	16:00	Field
Senior	Women	Long Jump	Finals	9	New Jos Stadium	14:00	15:00	Field
Senior	Men	Long Jump	Preliminaries	57	New Jos Stadium	15:00	17:00	Field
Junior	Boys	200m	Heats	169	New Jos Stadium	14:00	14:55	Track
Senior	Men	200m	Heats	145	New Jos Stadium	14:55	15:35	Track
Youth	Girls	800m	Heats	25	New Jos Stadium	15:35	15:45	Track
Youth	Boys	800m	Heats	44	New Jos Stadium	15:45	15:55	Track
Junior	Girls	800m	Heats	15	New Jos Stadium	15:55	16:05	Track
Junior	Boys	800m	Heats	47	New Jos Stadium	16:05	16:15	Track
Senior	Women	800m	Heats	11	New Jos Stadium	16:15	16:25	Track
Senior	Men	800m	Heats	64	New Jos Stadium	16:25	16:35	Track
Cadet	Girls	200m	Semi-Finals	32	New Jos Stadium	16:35	16:45	Track
Cadet	Boys	200m	Semi-Finals	32	New Jos Stadium	16:45	17:00	Track
Youth	Girls	200m	Semi-Finals	32	New Jos Stadium	17:00	17:15	Track
Youth	Boys	200m	Semi-Finals	32	New Jos Stadium	17:15	17:30	Track
Junior	Boys	200m	Semi-Finals	24	New Jos Stadium	17:30	17:45	Track
Senior	Men	200m	Semi-Finals	24	New Jos Stadium	17:45	18:00	Track
<b>MEDAL PRESENTATIONS</b>				12	New Jos Stadium	18:00	18:10	Track & Field
Junior   Boys   High Jump; Senior   Women, Men   Shot Put Senior   Women   Long Jump								

END OF DAY 3 - 6.10PM



**MTN CHAMPS JOS 2024 - EVENTS SCHEDULE (DAY 4 OF 4)**

on 23-26 April 2024 at New Jos Stadium

All Athletes must wear their assigned bibs to compete throughout, which must be collected at New Jos Stadium prior to the Event, on Monday 22nd April

ALL Athletes under the age of 21 must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

For the Sprint Heats (100m, 200m), Top 32 for U14 & U17 and Top 24 for U20 & Senior by time progress to Semis, then Top 16 or 8 to Finals (e.g. 4Q 4q OR 2Q 2q to Final A)

For the Quarter-Mile Heats (400m), Top 16 Athletes for all age groups by time progress to Finals A & B (16q - 8 fastest to Final A, next 8 to Final B)

For all Field Preliminaries (both Jumps & Throws), each Athlete has 3 attempts only, with Top 8 only advancing to Final for 3 further attempts only!

ALL REGISTERED ATHLETES COMPETING IN DAY 4 AM EVENTS BELOW MUST REPORT AT NEW JOS STADIUM BY 8AM

**DAY 4 - MORNING SESSION**

**Friday 26 April 2024**

<b>FINALS</b>	<b>MEDALS</b>
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	<b>START</b>	<b>END</b>
<b>DAY 4 AM</b> New Jos Stadium	<b>9:00</b>	<b>12:30</b>

*Highlights of the Session*

<b>26 FINALS - U14 &amp; U17 LONG JUMP, 400MH, 800M, 200M, 100/110MH</b>	<b>78 MEDALS AWARDED</b>
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<b>MEDAL AWARDS</b> New Jos Stadium	<b>11:40</b>	<b>12:30</b>
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**IMPORTANT: REGISTRATION FOR ALL FEMALE & MALE 4X100M AND MIXED 4X400M ON DAY 4 PM WILL TAKE PLACE FROM 8AM - 12 NOON**

CATEGORY	GENDER	EVENT	ROUND	# ATHLETES	LOCATION	START TIME	END TIME	AREA
Cadet	Girls	Long Jump	Finals	8	New Jos Stadium	9:00	9:35	Field
Cadet	Boys	Long Jump	Finals	8	New Jos Stadium	9:35	10:10	Field
Youth	Girls	Long Jump	Finals	8	New Jos Stadium	10:10	10:50	Field
Youth	Boys	Long Jump	Finals	8	New Jos Stadium	10:50	11:30	Field
Junior	Girls	400m Hurdles	Finals	2	New Jos Stadium	9:00	9:05	Track
Senior	Women	400m Hurdles	Finals	4	New Jos Stadium	9:05	9:10	Track
Junior	Boys	400m Hurdles	Finals	15	New Jos Stadium	9:10	9:15	Track
Senior	Men	400m Hurdles	Finals	9	New Jos Stadium	9:15	9:20	Track
Youth	Girls	800m	Finals	12	New Jos Stadium	9:30	9:35	Track
Youth	Boys	800m	Finals	12	New Jos Stadium	9:35	9:40	Track
Junior	Girls	800m	Finals	12	New Jos Stadium	9:40	9:45	Track
Junior	Boys	800m	Finals	12	New Jos Stadium	9:45	9:50	Track
Senior	Women	800m	Finals	12	New Jos Stadium	9:50	9:55	Track
Senior	Men	800m	Finals	12	New Jos Stadium	9:55	10:00	Track
Cadet	Girls	200m	Finals A & B	16	New Jos Stadium	10:00	10:10	Track
Cadet	Boys	200m	Finals A & B	16	New Jos Stadium	10:10	10:20	Track
Youth	Girls	200m	Finals A & B	16	New Jos Stadium	10:20	10:30	Track
Youth	Boys	200m	Finals A & B	16	New Jos Stadium	10:30	10:40	Track
Junior	Girls	200m	Finals A & B	16	New Jos Stadium	10:40	10:50	Track
Junior	Boys	200m	Finals A & B	16	New Jos Stadium	10:50	11:00	Track
Senior	Women	200m	Finals	8	New Jos Stadium	11:00	11:05	Track
Senior	Men	200m	Finals	8	New Jos Stadium	11:05	11:10	Track
Junior	Girls	100m Hurdles	Finals	8	New Jos Stadium	11:20	11:25	Track
Senior	Women	100m Hurdles	Finals	8	New Jos Stadium	11:25	11:30	Track
Junior	Boys	110m Hurdles	Finals	8	New Jos Stadium	11:30	11:35	Track
Senior	Men	110m Hurdles	Finals	8	New Jos Stadium	11:35	11:40	Track
<b>MEDAL PRESENTATIONS</b>								
Cadet, Youth   Girls, Boys   Long Jump								
Junior, Senior   Female, Male   400m Hurdles, 100/110m Hurdles				<b>78</b>	<b>New Jos Stadium</b>	<b>11:40</b>	<b>12:30</b>	<b>Track &amp; Field</b>
Youth, Junior, Senior   Female, Male   800m								
Cadet, Youth, Junior, Senior   Female, Male   200m								

**DAY 4 INTERMISSION: 12.30PM - 1PM**





## MTN CHAMPS JOS 2024 - EVENTS SCHEDULE (DAY 4 OF 4)

on 23-26 April 2024 at New Jos Stadium

All Athletes must wear their assigned bibs to compete throughout, which must be collected at New Jos Stadium prior to the Event, on Monday 22nd April

ALL Athletes under the age of 21 must return the 1-page parental consent form signed their parent or legal guardian to be able to compete

For the Sprint Heats (100m, 200m), Top 32 for U14 & U17 and Top 24 for U20 & Senior by time progress to Semis, then Top 16 or 8 to Finals (e.g. 4Q 4q OR 2Q 2q to Final A)

For the Quarter-Mile Heats (400m), Top 16 Athletes for all age groups by time progress to Finals A & B (16q - 8 fastest to Final A, next 8 to Final B)

For all Field Preliminaries (both Jumps & Throws), each Athlete has 3 attempts only, with Top 8 only advancing to Final for 3 further attempts only!

### DAY 4 - AFTERNOON SESSION (CHAMPIONSHIP DECIDER)

Friday 26 April 2024

FINALS	MEDAL, MVP & TROPHY PRESENTATIONS
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	START	END
DAY 4 PM New Jos Stadium	13:00	17:30

#### Highlights of the Session

14 FINALS - SENIOR MEN'S HIGH JUMP, U20 & SENIOR MEN'S LONG JUMP, 4X100M & MIXED 4X400M	42 MEDALS AWARDED
	10 MVPs TO RECEIVE PRIZES
	6 SCHOOL/TEAM TITLES DECIDED

New Jos Stadium

MEDALS	16:30	17:00
MVPs	17:00	17:05
TROPHIES	17:05	17:30

**IMPORTANT: REGISTRATION FOR ALL FEMALE & MALE 4X100M AND MIXED 4X400M ON DAY 4 PM WILL TAKE PLACE FROM 8AM - 12 NOON**

CATEGORY	GENDER	EVENT	ROUND	#ATHLETES	LOCATION	START TIME	END TIME	AREA
Senior	Men	High Jump	Finals	29	New Jos Stadium	13:00	14:30	Field
Junior	Girls	Long Jump	Finals	8	New Jos Stadium	13:00	13:45	Field
Junior	Boys	Long Jump	Finals	8	New Jos Stadium	13:45	14:30	Field
Senior	Men	Long Jump	Finals	8	New Jos Stadium	14:30	15:30	Field
Cadet	Girls	4x100m	Finals	128	New Jos Stadium	13:00	13:30	Track
Cadet	Boys	4x100m	Finals	128	New Jos Stadium	13:30	14:00	Track
Youth	Girls	4x100m	Finals	192	New Jos Stadium	14:00	14:40	Track
Youth	Boys	4x100m	Finals	192	New Jos Stadium	14:40	15:20	Track
Junior	Girls	4x100m	Finals	64	New Jos Stadium	15:20	15:35	Track
Junior	Boys	4x100m	Finals	64	New Jos Stadium	15:35	15:50	Track
Senior	Women	4x100m	Finals	32	New Jos Stadium	15:50	16:00	Track
Senior	Men	4x100m	Finals	32	New Jos Stadium	16:00	16:10	Track
Junior	Mixed	4x400m	Finals	32	New Jos Stadium	16:10	16:20	Track
Senior	Mixed	4x400m	Finals	32	New Jos Stadium	16:20	16:30	Track
<b>MEDAL PRESENTATIONS</b>								
Senior   Men   High Jump, Long Jump; Junior   Girls, Boys   Long Jump Cadet, Youth, Junior, Senior   Female, Male   4x100m Junior, Senior   Mixed   4x400m				42	New Jos Stadium	16:30	17:00	Track & Field
Cadet, Youth & Juniors	Girls & Boys	MVP	Awards	10	New Jos Stadium	17:00	17:05	Track & Field
<b>SCHOOL/TEAM TITLES &amp; TROPHY PRESENTATIONS</b>								
Cadet, Youth   Girls, Boys   School Champions Junior Team Champions (Girls + Boys) Senior Team Champions (Women + Men)				6	New Jos Stadium	17:05	17:30	Track & Field

END OF CHAMPIONSHIP - 5.30PM

