



36th Ethiopian Athletics Championships



Addis Ababa Stadium
May 2-6 2007

Media Guide



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President's Message

It gives me great pleasure to write the opening remarks for this Media Guide designed on the occasion of the 36th Ethiopian Athletics Championships (May 2nd- 6th 2007).

The competition this year will mark the first major step in our preparations for next year's 16th CAA African Athletics Championships to be held in Addis Ababa from May 1st- 5th 2008. Since officially accepting the right to host one of Africa's top sporting events, we have embarked on a big mission to successfully host these biannual championships. We have formed a national organizing committee comprising of 14 sub-committees who are tireless working hard to ensure that we meet our deadlines and bring Africa the best ever championships in its history.

This year's Ethiopian Athletics championships will give us the first opportunity to try out the initial steps of our preparations. In March and April this year, our technical department embarked on a large training programme to train judges and officials for the championships. The first wave of the trainees will use these championships to put their newly-learned skills into practice.

The EAF has also spent close to 180,000 euros on purchasing and importing competition equipment which will be used for the championships. A big part of this order will also be used for the first time in these championships.

Apart from technical aspects, these championships will be used to try out other aspects of our preparation like accreditation, media services, and marketing. We hope that the lessons learned this year will play a vital role in our efforts to host one of Africa's top sporting events.

For the first time this year, we will also have an additional evening session of events so as to increase the public viewing of the event which will be broadcast live on Ethiopian Television (ETV) across Ethiopia and many parts of the world.

However, the 36th Ethiopian Athletics Championships is not only about preparing for next year's African championships. It is the first step in our process of selecting athletes for the 9th All-African Games in Algiers, Algeria and the 11th IAAF World Championships in Osaka, Japan. It also gives the chance for athletes from clubs and regions to showcase their talents.

Enjoy the championships!

Bisrat Gashawtena

President

EAF EXECUTIVE COMMITTEE

PRESIDENT- BISRAT Gashawtena; VICE PRESIDENT- NEGA Gebregziabher;
TREASURER- AMANUEL Abraham; MEMBERS- MEKONNEN Asegge, AFENDI Ibrahim, Dr.
SAMSON Bayou,
ATHLETE REPRESENTATIVES: Cpt. DUBE Jillo, Major DERARTU Tulu
GENERAL SECRETARY: ADAM Tadesse

EAF MANAGEMENT

GENERAL SECRETARY: ADAM Tadesse;
TECHNICAL DIRECTOR: Cpt. DUBE Jillo;
HEAD OF ADMINISTRATION AND FINANCE: SHEWAINESH Gezhagne;
HEAD OF PUBLIC RELATIONS: ELSHADAI Negash

EVENT TEAM

COMPETITION DIRECTOR: Cpt. DUBE Jillo
MEETING MANAGER: SAHLEMICHAEL Bezuneh
TECHNICAL MANAGER: Dr. YILMA Berta
EVENT SECRETARY: ADMASSU Sadjin
TRACK EVENTS MANAGER: GIRMA Asrat
FIELD EVENTS MANAGER: DEJENE Tegegne
HEAD TIME KEEPER: WORKU Salle
LANE REFEREE: ALEMAYEHU Tase
STARTERS: ESHETU Bayou, ESHETU Tura
PROCEEDINGS CONTROLLER: GETACHEW Mersha
CALL-ROOM: DINSEFA Beshir
DATA COORDINATOR: YILMA Tsegaye
MARSHALS COORDINATOR: SEIFU Bezabeh
SECURITY: Commander DEMSASH Hailu
JURY OF APPEAL: Cpt. ZELALEM Desta, GIRMA Asrat, Cpt. TOLOSA Kotu, GETACHEW Mersha, MULUGETA Melese
AWARDS COMMITTEE: Cpt. ZELALEM Desta, SHEWAINESH Gezhagne, TSIGUE Gebremesih
PHOTO FINISH: EYASU Merhatsedik
MEDIA DIRECTOR: ELSHADAI Negash
MEDICAL: Dr. AYALEW Tilahun
PHYSIOTHERAPY: TSEHAY Tadesse

GENERAL INFORMATION

OFFICIAL TITLE	26 th Ethiopian Athletics Championships
COMMON NAME	EAF Ethiopian Championships
ORGANIZER	Ethiopian Athletics Federation (EAF)
DATE	May 2- May 6, 2007
VENUE	Addis Ababa stadium, Addis Ababa, Ethiopia
NUMBER OF REGIONS	11
NUMBER OF CLUBS	37
NUMBER OF EVENTS	Men's 21 Women's 22

COMPETITION VENUE

The Addis Ababa stadium is located at the heart of the Ethiopian capital Addis Ababa. It is Ethiopia's only all-purpose international stadium with a capacity of 35,000 spectators. The Addis Ababa stadium is located approximately 7kms from the Bole International Airport. The stadium has an IAAF certification Class II certificate with the following facilities:

- Eight-lane Mondo Synthetic track
- two long jump and triple jump runways
- two pole vault runways
- high jump area
- one shot put throwing area
- one discus throwing area
- one hammer throwing area

COMPETITION EVENTS

MEN (21)

Track Events: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m hurdles, 400m hurdles, 4X100m relay, 4X400m relay, 3000m steeplechase

Jumping Events: High Jump, Pole Vault, Long Jump

Throwing Events: Shot Put, Discus, Hammer, Javelin

Road Events: 20km walk

WOMEN (22)

Track Events: 100m, 200m, 400m, 800m, 1500m, 3000m (junior), 5000m, 10000m, 110m hurdles, 400m hurdles, 4X100m relay, 4X400m relay, 3000m steeplechase

Jumping Events: High Jump, Pole Vault, Long Jump

Throwing Events: Shot Put, Discus, Hammer, Javelin

Road Events: 20km walk

35th Ethiopian Athletics Championships Official Results

MEN

200m 1. Wetere Gelelcha (Ethiopian Banks) 20.95 2. Abiyote Lencho (Ethiopian Banks) 21.24 3. Mohammed Mesbah (Prisons) 21.50	400m 1. Habtamu Abeje (Omedla) 46.20 2. Zemenu Kassa (Defense) 47.28 3. Endale Lidamo (Defense) 47.65
800m 1. Kumsa Adugna (Prisons) 1:48.13 2. Sentayehu Kassahun (Defense) 1:48.50 3. Adugna Assefa (Prisons) 1:48.80	1500m 1. Kumsa Adugna (Prisons) 3:43.49 2. Yehualashet Tadesse (Prisons) 3:44.44 3. Ashenafi Kiros (Defense) 3:45.26
5000m 1. Markos Geneti (Oromiya Prisons) 13:46.73 2. Ali Abdosh (Defense) 13:47.01 3. Tariku Bekele (Muger Cement) 13:51.22	10,000m 1. Ibrahim Jeylan (Muger Cement) 28:49.07 2. Tadesse Tola (Prisons) 28:53.66 3. Raja Assefa (St. George) 28:55.30
3000m Steeplechase 1. Eskyas Sisay (Ethiopian Banks) 8:43.34 2. Nahom Mesfin (St. George) 8:43.76 3. Abraham Kabeto (Ethiopian Banks) 8:52.29	4x100m relay 1. Ethiopian Banks 41.43 2. Prisons 41.88 3. Defense 42.16
4x400m relay 1. Defense 3:14.44 2. Prisons 3:18.35 3. Ethiopian Banks 3:20.07	Discus 1. Mohammed Sale' (Defense) 40.45m 2. Tsegaye Woldesenbet (Defense) 40.19m 3. Bekele Gebre (Prisons) 37.12m
Shot Put 1. Sisay Mekonnen (Prisons) 12.67m 2. Tsegaye Woldesenbet (Defense) 12.50m 3. Alemu Aramo (Defense) 12.19m	Hammer Throw 1. Sisay Mekonnen (Prisons) 29.35m 2. Bisrat Woldecherkos (Prisons) 27.50m 3. Wondwossen Mandefro (Prisons) 24.81m
High Jump 1. Abula Ubang (Defense) 3.60m 2. Yared Assefa (Omedla) 3.20m 3. Seatu Tilahun (Omedla) 3.10m	Triple Jump 1. Galwak Garkot (Defense) 15.06m 2. Solomon Benti (Defense) 14.06m 3. Gezenew Mitiku (Omedla) 13.99m
20km race walk 1. Cherenet Makore (Defense) 1:25:28 2. Deju Sori (Prisons) 1:26:55 3. Yohannes Yaka (Defense) 1:27:09	

WOMEN

<p>200m</p> <ol style="list-style-type: none"> Atakilt Wubshet (Ethiopian Banks) 24.58 Mertnesh Tesfaye (Prisons) 24.89 Aynaddis Tessema (EPPCO) 25.24 	<p>400m</p> <ol style="list-style-type: none"> Abeba Megersa (Prisons) 56.12 Mulu Deriba (Prisons) 56.89 Netsanet Getu (National) 57.53
<p>800m</p> <ol style="list-style-type: none"> Mestawot Tadesse (Ethiopian Banks) 2:04.57 Berhane Hirpassa (Muger Cement) 2:05.07 Gezashign Hunduma (Ethiopian Banks) 2:07.66 	<p>1500m</p> <ol style="list-style-type: none"> Berhane Hirpassa (Muger Cement) 4:29.46 Mestawot Tadesse (Ethiopian Banks) 4:29.82 Zeytuna Arebo (Prisons) 4:30.01
<p>3000m</p> <ol style="list-style-type: none"> Koreni Jelila (Defense) 9:24.38 Belaynesh Zemedkun (Ethiopian Banks) 9:25.37 Genzebe Dibaba (Muger Cement) 9:25.91 	<p>5000m</p> <ol style="list-style-type: none"> Meseret Defar (Ethiopian Banks) 15:42.06 Meselech Melkamu (EPPCO) 15:43.87 Werkitu Ayanu (Ethiopian Banks) 15:53.79
<p>10,000m</p> <ol style="list-style-type: none"> Bezunesh Bekele (Ethiopian Banks) 32:32.90 Ahaza Kiros (EPPCO) 33:25.44 Teyiba Erkesso (Prisons) 33:31.57 	<p>100m Hurdles</p> <ol style="list-style-type: none"> Terhas Haile-Selassie (Ethiopian Banks) 16.14 Netsanet Bekele (Ethiopian Banks) 16.36 Tigist Getenet (Defense) 16.66
<p>3000m steeplechase</p> <ol style="list-style-type: none"> Mekdes Bekele (Prisons) 9:24.38 Netsanet Achamo (Negash) 10:30.68 Sofia Assefa (Ethiopian Banks) 10:34.85 	<p>4x100m Relay</p> <ol style="list-style-type: none"> EPPCO 50.30 Prisons 48.57 Ethiopian Banks 48.28
<p>4x400m relay</p> <ol style="list-style-type: none"> Prisons 3:50.52 Ethiopian Banks 3:54.64 Oromiya Prisons 3:55.52 	<p>Shot Put</p> <ol style="list-style-type: none"> Roman Abera (Ethiopian Banks) 11.27m Zewdenesh Beshah (Prisons) 10.74m Selamawit Haylu (Ethiopian Banks) 10.45m
<p>Discus Throw</p> <ol style="list-style-type: none"> Zewdenesh Beshah (Prisons) 34.25m Mersit Gebregziabher (Ethiopian Banks) 31.97m Frehiwot Kebede (Prisons) 31.91m 	<p>Javelin Throw</p> <ol style="list-style-type: none"> Abaynesh Sisay (Ethiopian Banks) 43.43m Aynalem Tekabe (Ethiopian Banks) 43.09m Tadelech Regassa (Prisons) 39.56m
<p>Triple Jump</p> <ol style="list-style-type: none"> Emebet Tilahun (Ethiopian Banks) 11.99m Weyneshet Eka (Ethiopian Banks) 10.99m Zeyba Zeyne (Defense) 10.93m 	<p>Long Jump</p> <ol style="list-style-type: none"> Emebet Tilahun (Ethiopian Banks) 5.37m Leteya Kedir (Ethiopian Banks) 5.34m Netsanet Getu (Prisons) 5.19m

High Jump	10km Race Walk
1. Haymanot Bekele (Prisons) 1.50m	1. Asnakech Ararso (Prisons) 52:17
2. Haregewoin Mengistu (Ethiopian Banks) 1.46m	2. Bekashegne Aynalem (Defense) 52:34
3. Konjit Teshome (Prisons) 1.45m	3. Desu Baldera (Prisons) 53:10

Ethiopian National Records

MEN

Discipline	Mark	Athlete	Venue	Date
100m	10.1	Gebre Gebregzi	Addis Ababa	06.06.71
200m	20.7	Negussie Gechamo	Addis Ababa	17.05.98
400m	45.42	Tegegebe Bezabeh	Macao	18.10.68
800m	1:45.28	Berhanu Alemu	Bergen	11.06.2004
1500m	3:31.13	Mulugeta Wondimu	Heusden	31.07.2004
5000m	12:37.35	Kenenisa Bekele (ETH)	Hengelo	31.05.2004
10,000m	26:17.53	Kenenisa Bekele (ETH)	Bruxelles	26.08.2005
3000m SC	8:13.57	Eshetu Tura	Moscow	31.07.80
110m hurdles	14.3	Ubang Abaya	Addis Ababa	04.06.2005
400m hurdles	51.26	Tesfaye Aschalew	Annaba	01.09.88
High Jump	2.05	Ugula Ubang	Addis Ababa	07.05.2005
Pole Vault	3.65	Yohanes Wolde Giorgis	Addis Ababa	1975
Long Jump	7.50	Gashawbeza Lemma	Addis Ababa	1989
Triple Jump	15.05	Gashawbeza Lemma	Addis Ababa	17.05.92
Shot Put	15.98	Samuel Kassaye	Addis Ababa	1976
Discus	45.57	Samuel Kassaye	Nairobi	28.08.70
Hammer	38.90	Sahle Muluneh	Addis Ababa	1976
Javelin	67.99	Bekele Tola	Addis Ababa	04.06.94
Decathlon	5918	Bekele Tola	Nairobi	12.08.87
20km Walk	1:26.56	Getachew Demisse	Addis Ababa	29.05.96
4x100m Relay	41.1	Team Ethiopia	Addis Ababa	02.04.98
4x400m Relay	3:07.11	Team Ethiopia	Annaba	02.04.98

WOMEN

Discipline	Mark	Athlete	Venue	Date
100m	11.8	Atkilt Wubshet	Addis Ababa	05.05.2005
200m	24.7	Atkilt Wubshet	Addis Ababa	04.05.2005
400m	53.6	Abaynesh Arega	Addis Ababa	28.05.93
800m	1:58.43	Kutre Dulecha	London	10.07.99
1500m	3:58.38	Kutre Dulecha	Monaco	08.08.98
3000m	8:24.66	Meseret Defar	Stockholm	25.07.2006
5000m	14:24.53	Meseret Defar	New York	03.06.2006
10,000m	30:04.18	Berhane Adere	Paris	23.08.2003
3000m SC	9:46.67	Mekdes Bekele	Beijing	15.08.2006

100m hurdles	15.22	Asegedech Bekele	Addis Ababa	16.09.95
400m hurdles	57.60	Zewde Hailemariam	Nairobi	08.08.87
High Jump	1.60	Senayit Keder	Addis Ababa	02.04.98
Long Jump	6.23	Hiwot Sisaye	Durban	24.06.93
Triple Jump	11.99	Emebet Tilahun	Addis Ababa	04.05.2006
Shot Put	11.60	Roman Abera	Addis Ababa	06.05.2003
Discus	36.18	Mersit Gebregziabher	Addis Ababa	04.05.2005
Javelin	42.32	Aynalem Tekabe	Addis Ababa	06.05.2004
Heptathlon	3270	Genet Tabalew	Nairobi	09.08.87
20km Race Walk	1:45:31	Asnakch Ararssa	Bambous	13.08.2006
4x100m Relay	47.0	Team Ethiopia	Addis Ababa	05.05.2005
4x400m Relay	3:41.7	Team Ethiopia	Addis Ababa	05.05.2005

World Records MEN

Discipline	Mark	Athlete	Venue	Date
100m	9.77	Asafa Powell (JAM)	Zürich	18 08 2006
200m	19.32	Michael Johnson (USA)	Atlanta, GA	01 08 1996
400m	43.18	Michael Johnson (USA)	Sevilla	26 08 1999
800m	1:41.11	Wilson Kipketer (DEN)	Köln	24 08 1997
1500m	3:26.00	Hicham El Guerrouj (MAR)	Roma	14 07 1998
5000m	12:37.35	Kenenisa Bekele (ETH)	Hengelo	31 05 2004
10,000m	26:17.53	Kenenisa Bekele (ETH)	Bruxelles	26 08 2005
3000m SC	7:53.63	Saif Saaeed Shaheen (QAT)	Bruxelles	03 09 2004
110m hurdles	12.88	Xiang Liu (CHN)	Lausanne	11 07 2006
400m hurdles	46.78	Kevin Young (USA)	Barcelona	06 08 1992
High Jump	2.45	Javier Sotomayor (CUB)	Salamanca	27 07 1993
Pole Vault	6.14	Sergey Bubka (UKR)	Sestriere	31 07 1994
Long Jump	8.95	Mike Powell (USA)	Tokyo	30 08 1991
Triple Jump	18.29	Jonathan Edwards (GBR)	Göteborg	07 08 1995
Shot Put	23.12	Randy Barnes (USA)	Westwood,	20 05 1990
Discus	74.08	Jürgen Schult (GER)	Neubrandenburg	06 06 1986
Hammer	86.74	Yuriy Sedykh (URS)	Stuttgart	30 08 1986
Javelin	98.48	Jan Zelezný (CZE)	Jena	25 05 1996
Decathlon	9026	Roman Šebrle (CZE)	Götzis	27 05 2001
20km Walk	1:17:21	Jefferson Pérez (ECU)	Paris	23 08 2003

4x100m Relay	37.40	United States	Barcelona	08 08 1992
4x400m Relay	2:54.20	United States	Uniondale	22 07 1998

WOMEN

Discipline	Mark	Athlete	Venue	Date
100m	10.49	Florence Griffith-Joyner (USA)	Indianapolis	16 07 1988
200m	21.34	Florence Griffith-Joyner (USA)	Seoul	29 09 1988
400m	47.60	Marita Koch (GDR)	Canberra	06 10 1985
800m	1:53.28	Jarmila Kratochvílová (TCH)	München	26 07 1983
1500m	3:50.46	Yunxia Qu (CHN)	Beijing	11 09 1993
3000m	8:06.11	Junxia Wang (CHN)	Beijing	13 09 1993
5000m	14:24.53	Meseret Defar (ETH)	New York	03 06 2006
10,000m	29:31.78	Junxia Wang (ETH)	Beijing	08 09 1993
3000m SC	9:01.59	Gulnara Samitova (RUS)	Iraklio	04 07 2004
100m hurdles	12.21	Yordanka Donkova (BUL)	Stara zagora	20 08 1988
400m hurdles	52.34	Yuliya Pechonkina (RUS)	Tula	08 08 2003
High Jump	2.09	Stefka Kostadinova (BUL)	Roma	30 08 1987
Pole Vault	5.01	Yelena Isinbayeva (RUS)	Helsinki	12 08 2005
Long Jump	7.52	Galina Chistyakova (URS)	Leningrad	11 06 1988
Triple Jump	15.50	Inessa Kravets (UKR)	Göteborg	10 08 1995
Shot Put	22.63	Natalya Lisovskaya (URS)	Moskva	07 06 1987
Discus	76.80	Gabriele Reinsch (GDR)	Neubrandenburg	09 07 1988
Hammer	77.80	Tatyana Lysenko (RUS)	Tallinn	15 08 2006
Javelin	71.70	Osleidys Menéndez (CUB)	Helsinki	14 08 2005
Heptathlon	7291	Jackie Joyner-Kersey (USA)	Seoul	24 09 1988
20km Walk	1:25:41	Olimpiada Ivanova (RUS)	Helsinki	07 08 2005
4x100m Relay	41.37	German Demo. Republic	Canberra	06 10 1985
4x400m Relay	3:15.17	USSR	Seoul	01 10 1988

COMPETITION SCHEDULE

Day I - Wednesday May 2nd 2007

Morning Session		
Time	Events	
9:00	Women's Shotput- REGION	Heats and Final
9:00	Women's Long Jump- REGION	Heats and Final
9:00	Women's Shotput- CLUB	Heats and Final
9:00	Men's 110m Hurdles- REGION/CLUB	1 st Round
9:30	Women's 100m- CLUB	1 st Round
10:00	Men's 100m- CLUB	1 st Round
10:20	Women's 3000m- REGION	Semi-final
10:20	Men's Long Jump- REGION	Heats and Final
10:20	Women's 5000m- REGION	Final
Opening Ceremony		
14:15	All participants (club and region) assume their positions in the athletes' seating	
14:30	Guest-of-Honour reaches Addis Ababa stadium	
14:40	Opening Speech- EAF President	
14:45	Opening Speech and official start: Guest-of-honour	
14:55	Club and regional delegation pass through Grand Tribune	
Evening Session		
Time	Events	
15:40	Women's Shotput- REGION	Heats and Final
15:40	Women's 400m- CLUB	Round 1
15:40	Women's Long Jump- CLUB	Heats and Final
15:40	Men's Shotput- CLUB	Heats and Final
16:20	Men's 400m- CLUB	Round 1
16:50	Men's 1500m- REGION	Round 1
16:50	Men's Long Jump- CLUB	Heats and Final
17:20	Men's 1500m- CLUB	Round 1
17:50	Men's 110m Hurdles- REGION/CLUB	Semi-final
18:10	Women's 100m- REGION/CLUB	Semi-final
18:25	Men's 100m- REGION/CLUB	Semi-final
18:30	Men's 10000m- CLUB	Final
19:15	Women's 3000m- CLUB	Semi-final

Day II- Thursday May 3rd 2007

Morning Session		
Time	Events	
8:30	Women's Discus- REGION	Heats and Final
8:30	Women's High Jump- REGION	Heats and Final
8:30	Women's 400m- REGION/CLUB	Semi-final
8:50	Men's 400m- REGION/CLUB	Semi-final
9:10	Women's 100m- REGION/CLUB	Final
9:40	Men's High Jump- REGION	Heats and Final
9:40	Men's Discus- REGION	Heats and Final
10:30	Women's 5000m- CLUB	Final
Evening Session		
Time	Events	
14:00	Women's Pole Vault- REGION/CLUB	Heats and Final
14:00	Women 100m Hurdles- REGION/CLUB	Heats and Final
14:20	Men's 110m Hurdles- REGION/CLUB	Heats and Final
14:30	Women's 1500m- REGION/CLUB	Heats and Final
15:00	Men's 1500m- REGION/CLUB	Heats and Final
15:20	Men's 100m- REGION/CLUB	Heats and Final
15:20	Men's Javelin- REGION	Final
15:50	Women's 400m- REGION/CLUB	Heats and Final
16:10	Men's 400m- REGION/CLUB	Final
16:25	Men's 3000m SC- CLUB	Semi-final
16:45	Men's 3000m SC- REGION	Semi-final
17:00	Men's 5000m- CLUB	Semi-final
17:40	Women's 10000m- CLUB	Final

Day III- Friday May 4th 2007

Morning Session		
Time	Events	
8:30	Women's Discus- CLUB	Heats and Final
8:30	Women's High Jump- CLUB	Heats and Final
8:30	Women's 200m- CLUB	Round 1
9:00	Men's 200m- CLUB	Round 1
9:20	Women's 800m- CLUB	Round 1
9:50	Men's 800m- CLUB	Round 1
10:30	Women's 3000m SC- REGION	Final

11:00	Women's 400m Hurdles- REGION/CLUB	Final
11:20	Men's 400m Hurdles- REGION/CLUB	Final
11:20	Men's Pole Vault- REGION/CLUB	Heats and Final
Afternoon/Evening Session		
Time	Events	
14:00	Men's Discus- REGION/CLUB	Heats and Final
14:00	Women's 200m- REGION/CLUB	Semi-final
14:20	Men's 200m- REGION/CLUB	Semi-final
14:40	Women's 800m- REGION/CLUB	Semi-final
15:20	Men's 800m- REGION/CLUB	Semi-final
15:40	Women's 3000m SC- REGION/CLUB	Final
16:00	Men's 10000m- REGION	Final
16:40	Women's 4X100m Relay- REGION/CLUB	Semi-final
17:20	Men's 4X100m Relay- REGION/CLUB	Semi-final
17:45	Women's 3000m- CLUB	Final
18:25	Women's 5000m- CLUB	Semi-final

Day IV- Saturday May 5th 2007

Morning Session		
Time	Events	
8:30	Women's Javelin- REGION/CLUB	Heats and Final
8:30	Men's Hammer- REGION/CLUB	Heats and Final
8:30	Women's 200m- REGION	Final
8:45	Men's 200m- CLUB	Final
9:00	Men's 800m- REGION	Final
9:00	Men's Pole Vault- REGION/CLUB	Final
9:15	Women's 800m- CLUB	Final
9:30	Women's 1500m- REGION	Final
9:45	Men's 800m- CLUB	Final
10:00	Women's 100m Hurdles- REGION	Final
10:15	Women's 4X400m Relay- REGION/CLUB	Semi-final
10:30	Men's 4X400m Relay- REGION/CLUB	Semi-final
10:45	Women's 10000m- REGION	Final

Day V- Sunday May 6th 2007

Morning Session		
Time	Events	
06:30	Men's 20km Walk- REGION/CLUB	Final

07:00	Women's 20km Walk- REGION/CLUB	Final
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Closing Ceremony		
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14:30	Opening of stadium gates for spectators	
14:50	Invited Guests and athletes assume their position	
15:00	Arrival of the Guest-of-honour	
15:05	Club and regional delegation pass through Grand Tribune	
15:55	End of First-half of closing ceremony	

Afternoon/Evening Session		
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Time	Events	
16:00	Men's High Jump- CLUB	Final
16:00	Men's 400m Hurdles- CLUB	Final
16:20	Men's Javelin- CLUB	Final
16:30	Women's 200m- CLUB	Final
16:40	Men's 200m- CLUB	Final
16:50	Women's 800m- REGION	Final
17:00	Men's 1500m- CLUB	Final
17:10	Men's 3000m SC- CLUB	Final
17:30	Women's 4X100m relay- CLUB	Final
17:40	Men's 4X100m relay- CLUB	Final
17:50	Women's 4X400m relay- REGION	Final
18:00	Men's 4X400m relay- CLUB	Final
18:10	Men's 5000m- CLUB	Final
18:40	Women's 5000m- CLUB	Final
19:00	Medal and Trophy Awarding Ceremony	
19:15	THE END	