

**13<sup>th</sup> National School Athletics Meet**  
**5<sup>th</sup> - 9<sup>th</sup> July, 2016**  
**Thimphu**

**Program Overview**

<b>Time &amp; Day</b>	<b>Day –1 July 4, 2016 Monday</b>	<b>Day – 2 July 5, 2016 Tuesday</b>	<b>Day –3 July 6, 2016 Wednesday</b>	<b>Day – 4 July 7, 2016 Thursday</b>	<b>Day – 5 July 8, 2016 Friday</b>	<b>Day – 6 July 9, 2016 Saturday</b>	<b>Day – 7 July 10, 2016 Sunday</b>
<b>6.30 - 7:00 am</b>	<b>Wash and clean</b>						
<b>7:00 - 7:30 am</b>	<b>Breakfast at Camps</b>						
<b>8.30 – 12.00 pm</b>		<b>9:30 – 10:00 am General Briefing</b>  <b>10:00 – 11:00 am Opening Program rehearsal Lunch at competition venue</b>	Visit to Competition venue	Long Jump (B) Heats Triple Jump (G)Heats High Jump (G)Heats  Javelin (G) Heats Discus (B) Heats Shot Put (G) Heats  800M(B) Heats 1-2 400M (G) Heats 1-2 200M (B)Heats 1-2	Historical visit Dechenphu & Parizampa (boys)  Kuenselphodrang & Memorial Chorten (girls)	Historical visit Kuenselphodrang & Memorial Chorten (boys)  Dechenphu & Parizampa (girls)	<b>Departure</b>
<b>12:30 - 1:00 pm</b>	<b>Lunch at camps</b>						
<b>2:00 - 6:00 pm</b>	Arrival Of participants	<b>2:00 pm Opening Ceremony</b>	Discus (G)Heats Shot Put (B) Heats Javelin(B) Heats  Triple Jump (B)Heats Long Jump (G)Heats High Jump (B) Heats  400M (B) Heats 200M (G) Heats 800M (G) Heats 1-2 3000 M ( B)Final	Long Jump( G) Final Triple Jump (B) Final High Jump (B) Final  Javelin( B) Final Discus (G) Final Shot Put (B) Final  200M (G) Final 100M (B) Heats 1-2 3000M (G) Final Relay 4x100M( B) Heats Relay 4X100M (G) Heats	Javelin (G)Final Shot Put (G)Final Discus (B)Final  800M (B) Final 800M( G) Final 200M (B) Final 100M (G) Heats 1-2  Long Jump (B) Final Triple Jump (G)Final High Jump (G) Final	<b>Closing Program 2:00pm</b>  100M (B & G)Final 1500M (B & G)Final 400M ( B & G) Final Relay 4x100M (B&G ) Final	
<b>6:30 - 7:00 pm</b>	<b>Dinner at Camps</b>						
<b>7:00 - 8:00 pm</b>	General briefing (boys & girls camps)	Pre-competition briefing by BAAF & Rest	Health talk (boys) Spiritual Talk (girls)	Health talk (girls) Spiritual Talk (boys)	Talent show (bys) Social night (girls)	Talent show (girls) Social night (boys)	