



**THE LAIKIPIA HIGHLANDS GAMES 2016 PROGRAMME**

**17<sup>TH</sup> SEPTEMBER 2016**

TIMINGS	TRACK EVENTS	Six-a-Side FOOTBALL	VOLLEYBALL	FIELD EVENTS	TRIBAL GAMES
0730– 0900hrs	REGISTRATION				
1000 hrs	PARTICIPANTS PARADE				
10.15 1030 hrs	PRAYERS				Turkana / Samburu / Njemps/Kikuyu/ Pokot/ Borana/Nandi
1030– 1100 hrs	Kids Race	Team 1 vs. Team 9 Team 2 vs. Team 10	Team 1 vs. Team 2 Team 3 vs. Team 4 (M & W)		
1100 – 1130hrs	3000m (Men)	Team 3 vs. Team 11 Team 4 vs. Team 12	Team 5 vs. Team 6 Team 7 vs. Team 8 (M & W)	Javelin (Men)	
1130 – 1200hrs	3000m (Women)	Team 5 vs. Team 14 Team 6 vs. Team 15	Semi Finals (Men)	Long Jump (Men)	
1200 – 1245 hrs	4 x200m (Men)	Team 7 vs. Team 16 Team 8 vs. Team 17	Semi Finals (Women)		
1245 – 1300hrs	4 x200m (Women)				
1300 – 1315 hrs	1500m Men			Long Jump (Women)	
1330 – 1345 hrs	1500m Women				
1345– 1400 hrs	400m (Men)	2 x ¼ final matches	3 <sup>rd</sup> – 4 <sup>th</sup> Playoff (Men)		
1400– 1430 hrs	400m (Women)	2 x ¼ final matches	3 <sup>rd</sup> – 4 <sup>th</sup> Playoff (Women)	High Jump (Men)	
1430 – 1500 hrs	100m Heats (Men)	2 x Semi final matches			
1500 – 1530 hrs	100m Heats (Women)	3 <sup>rd</sup> – 4 <sup>th</sup> Playoff	Final (Men)		
1530 – 1545 hrs	400m Finals Men & Women	Final	Final (Women)	High Jump Women	
1545– 1600hrs	800m Women	-	-		
1600 – 1615 hrs	800m Men	-	-		
1615– 1630 hrs	100m Finals men & Women				
1630 – 1645hrs	4x100m Relays Men & Women				
1645– 1700hrs	Moran 400m race				
1700 – 1730 hrs	Nditu 400m race				
1730 – 1745 hrs	Tug of Peace				
1745 – 1815 hrs	Presentation of Medals				
1815 hrs–	Closing Ceremony				

