Day One: Thursday, October 24th, 2019 ISSEA X Country

	Boys Track	Girls Track	Boys Field	Girls Field
7:15	Coach Meeting	Coach Meeting	Coach Meeting	Coach Meeting
8.30	Bus to Botanical Gardens	Bus to Botanical Gardens	Bus to Botanical Gardens	Bus to Botanical Gardens
9am	Arrival at course	Arrival at course	Arrival at course	Arrival at course
9.15	Walk the course	Walk the course	Walk the course	Walk the course
9.30				
9.45				
10.00				
10.15	Boys Race			
10.30				
10.45		Girls Race		
11.00				
11.15				

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Since 1967

11.30	**Return to ISU/Lunch**	**Return to ISU/Lunch**	**Return to ISU/Lunch**	**Return to ISU/Lunch**
	Boys Track	Girls Track	Boys Field	Girls Field
13.30			Javelin Main Pitch	High Jump
13.45				

14.00				
14.15				
14.30				
14.45				
15.00				
15.15			High Jump	Javelin Main Pitch
15.30				
15.45				
16.00				
16.15	**TRACK**	**AVAILABLE**	**FOR**	**PRACTICE**

16.30				
16.45	**End of Day 1**	**End of Day 1**	**End of Day 1**	**End of Day 1**
17.00	Travel to Host Family	Travel to Host Family	Travel to Host Family	Travel to Host Family
19.00	Coach Social @ Kazi Beach Resort	Coach Social @ Kazi Beach Resort	Coach Social @ Kazi Beach Resort	Coach Social @ Kazi Beach Resort
22.00	ISSEA Curfew	ISSEA Curfew	ISSEA Curfew	ISSEA Curfew

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INTERNATIONAL SCHOOL OF UGANDA

Since 1967

Day Two: Friday, October 25th, 2019

	Boys Track	Girls Track	Boys Field	Girls Field
7.45	Arrive @ISU	Arrive @ISU	Arrive @ ISU	Arrive @ ISU
8:15	Opening Ceremony with secret guest star	Opening Ceremony with secret guest star	Opening Ceremony with secret guest star	Opening Ceremony with secret guest star
8.45	Team Photo in amphitheatre (all athletes)	Team Photo in amphitheatre (all athletes)	Team Photo in amphitheatre (all athletes)	Team Photo in amphitheatre (all athletes)
9.15	100m Heats			
9.30		100m Heats	Shot Putt	
9.45				
10.00	1500m Final			Long Jump
10.15		1500m Final		
	Boys Track	Girls Track	Boys Field	Girls Field
10.45	400m Heats			
11.00		400m Heats		Shot Putt

11.15				
11.30	110m Hurdles heats			
11.45				
12.00			Long Jump	
12.15		100m Hurdles Heats		

12.30				
12.45				
	Boys Track	Girls Track	Boys Field	Girls Field
13.15	400m Hurdles Heats			
13.30				
13.45		400m Hurdles Heats		
14.00	**Presentation**	**Presentation**	**Presentation**	**Presentation**
14.15				
14.30	200m Heats			

14.45		200m Heats		
15.00				
15.15	800m Final			
15.30		800m Final		
15.45				
16.00	**TRACK**	**AVAILABLE**	**FOR**	**PRACTICE**
16.15				
16.30	**Close of day 2**	**Close of Day 2**	**Close of Day 2**	**Close of Day 2**
16.45	Home with Hosts	Home with Hosts	Home with Hosts	Home with Hosts
17:45	Depart to Coaches Meeting (Mythos)	Depart to Coaches Meeting (Mythos)	Depart to Coaches Meeting (Mythos)	Depart to Coaches Meeting (Mythos)
22.00	ISSEA Curfew	ISSEA Curfew	ISSEA Curfew	ISSEA Curfew

INTERNATIONAL SCHOOL OF UGANDA

Since 1967

Day Three: Saturday, October 26th, 2019

	Boys Track	Girls Track	Boys Field	Girls Field
8.30	Arrival	Arrival	Arrival	Arrival
9.00	400m Hurdle Final			
9.15		400m Hurdle Final		
9.30				
9.45	3000m Final			
10.00			Triple Jump	Discus
10.15		3000m Final		
10.30				
10.45	200m Final			
11.00		200m Final		
	Boys Track	Girls Track	Boys Field	Girls Field
11.30	110m Hurdle Final			
11.45			Discus	Triple Jump

12.00		100m Hurdle Final		
12.15	**Presentation**	**Presentation**	**Presentation**	**Presentation**
12.30				
12.45				
13.00				

13.15	100m Final			
13.30		100m Final		
13.45				
14.00	400m Final			
14.15		400m Final		
14.30	**Presentation**	**Presentation**	**Presentation**	**Presentation**
14.45				
15.00				
15.15	4 x 100m Final			

15.30		4 x 100m Final		
15.45				
16.00				
16.15				
16.30	4 x 400 m Final			
16.45		4 x 400 m Final		
17.00				
17.15	Change for Closing	Change for Closing	Change for Closing	Change for Closing
18.30	Dinner and Closing	Dinner and Closing	Dinner and Closing	Dinner and Closing
20.30	Home with Hosts	Home with Hosts	Home with Hosts	Home with Hosts
20.45	Coach Meeting	Coach Meeting	Coach Meeting	Coach Meeting

23.00	ISSEA Curfew	ISSEA Curfew	ISSEA Curfew	ISSEA Curfew