

2007年大華府地區中文學校聯合運動會競賽程序 (Track & Field Schedule)

組別: C - 2000, 99 B - 98, 97 A - 96, 95 Junior - 94, 93, 92 Senior - 91, 90, 89

時間	徑賽	組別	拔河
1:00	50 M (North track)	C Girls	1:00 Senior
	100 M	A Girls	
1:10	50 M (North track)	C Boys	
	100 M	A Boys	
1:20	50 M (North track)	B Girls	
	100 M	Junior Girls	
	100 M	Junior Boys	
1:30	50 M (North track)	B Boys	1:30 Junior
	100 M	Senior Girls	
	100 M	Senior Boys	
1:40	100 M Final	Adult (Women, Men)	
1:45	100 M Final	A (Girls, Boys) / Junior / Senior	
1:55	50 M Final	C (Girls, Boys) / B (Girls, Boys)	2:00 Adult
2:05	400 M	Adult	
	400 M	A / B / C	
	400 M	Junior	
	400 M	Senior	
2:30	400 M Relay (8x50)	B+C Girls and Boys	
2:40	400 M Relay (4x100)	A Girls, A Boys	2:45 A+B+C
		Junior Girls, Junior Boys	
		Senior Girls, Senior Boys	
		Adult Women, Adult Men	
3:20	1600 M	A / B / C	
		Junior, Senior, Adult	
4:00	Closing		

小學部趣味遊戲進行表 Fun Games for Elementary School Children

時間	氣球傘 Parachute	乒乓賽跑 Spoon races	二人三足 3-legged race	跳繩賽跑 Jump rope race	運足球 Soccer dribbling	麻袋賽 Sack race
1:00	95	2000-04	99	98	97	96
1:20	96	95	2000-04	99	98	97
1:40	97	96	95	2000-04	99	98
2:00	98	97	96	95	2000-04	99
2:20	99	98	97	96	95	2000-04
2:40	2000-04	99	98	97	96	95
3:00	結束	結束	結束	結束	結束	結束

中學部趣味遊戲進行表 Middle School Students

1:00 - 3:00	跳遠 Long jump	美式足球射門 Ame. football goal kick OR Basketball 3-pt shoot	足球射門 Soccer goal shooting
1:00 - 3:00	壘球擲準 Softball throw		