



SCHOOLS  
OLYMPIC  
PROGRAM



البرنامج  
الأولمبي  
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## Competition Rules

### Boys

#### Distances and Events, Time Table, Organizational Structure

##### Cross Country:

Preparatory Phase: 3 kilometers

Secondary Phase: 4 kilometers

##### Events:

**Preparatory Phase:** 60 m hurdles, Long Jump, Shot Put, Secondary Jump, 60 m, 200 m, 4x50m Relay.

**Secondary Phase :** 60 m hurdles, Long Jump, Shot Put, Secondary Jump, 60 m, 200 m, 400 m, 800 m, 4x100 m Relay.

##### Shot weights:

Preparatory Phase : 3 kilograms

Secondary Phase : 5 kilograms

##### Hurdles Height:

Preparatory Phase : 84 centimeters

Secondary Phase : 91 centimeters



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## Competition Rules

### Girls

#### Distances and Events, Time Table, Organizational Structure

##### Cross Country:

Primary Phase : 1200 meters

##### Events:

Preparatory Phase : 60 m, Long Jump, Shot Put, 200 m, 4x50m Relay.

Secondary Phase : Long Jump, Shot Put, Secondary Jump, 60 m, 200 m, 4x100 m Relay.

##### Shot weights:

Preparatory Phase : 3 kilograms

Secondary Phase : 4 kilograms