

THE MALAWI NATIONAL EXAMINATIONS BOARD  
TIMETABLE FOR 2025 MALAWI SCHOOL CERTIFICATE EXAMINATION

#### REFERENCES

1. **EXAMINERS** should, every **Wednesday** receive **Post Box 200** for the examination of papers without prior approval from the Board.
2. **Two** examinations will be conducted under the examination room after the examination has been in progress for 30 minutes and no extra time shall be given for later examinations.
3. **Examiners** and **Invigilators** should check both the morning and afternoon examinations prior to sitting of examination papers for the day.
4. **Examiners** and **Invigilators** should also check the date, time, subject or paper number on papers mounted before entering the examination room.
5. **Candidates** should sign the **Declaration Form** and the **Code of Conduct** has been read to them to signify that they have understood and accepted the conditions of the examination.
6. **CANDIDATES MUST SWORN STATE THAT THE EXAMINATION ENVELOPE BURNED "A" IS OPENED AND THAT THE ONE SWORN TO IS SWORN IN THESE PRESENCE.**
7. **After each examination**, the **examiner** and the **invigilator** should ensure that all samples have been collected and sealed in the **envelope**. The Board will not accept any sample sent separately.

MORNING		DATE		AFTERNOON		
Subject Number	Subject Name	Time		Subject Number	Subject Name	Time
1440112/1	Agriculture I (Theory)	8:00 - 10:00 am (2 hours)		144052/1	English II (Multiple Choice A Comprehension/Reading)	2:00 - 3:45 pm (1 hour 45 minutes)
1440211/1	History I (Multiple Choice)	11:00 - 12:00 noon (1 hour)		144052/1	History II (Free Response)	2:00 - 4:00 pm (2 hours)
1440221/1	Mathematics I (Multiple Choice and Free Response Questions)	8:00 - 10:00 am (2 hours)		144052/1	English III (Comprehension)	2:00 - 4:00 pm (2 hours)
1440311/1	Mathematics I (Comprehensive Questions)	8:00 - 10:00 am (2 hours)		144052/1	English III (Comprehension)	2:00 - 4:00 pm (2 hours)
144032/1	Mathematics II (Free Response Questions)	8:00 - 10:00 am (2 hours)		144052/1	English III (Comprehension)	2:00 - 3:00 pm (1 hour 45 minutes)
1440411/1	Physics I (Theory)	8:00 - 10:00 am (2 hours)		144052/1	Chemistry I (Comprehension)	2:00 - 3:45 pm (1 hour 45 minutes)
1440511/1	Physics I (Multiple Choice)	8:00 - 10:00 am (2 hours)		144052/1	Chemistry I (Comprehension)	2:00 - 3:45 pm (1 hour 45 minutes)
144053/1	Chemography I (Practicals and Preparation)	8:00 - 10:30 am (2 hours 30 minutes)		144052/1	Chemography II (Practicals and Preparation)	2:00 - 3:00 pm (1 hour 45 minutes)
144061/1	Chemistry I (Theory)	8:00 - 10:00 am (2 hours)		144052/1	Chemography II (Practicals and Preparation)	2:00 - 3:00 pm (1 hour 45 minutes)
144073/1	Computer Studies II (Practicals)	8:00 - 10:00 am (2 hours)		144052/1	Computer Studies II (Practicals)	2:00 - 4:00 pm (2 hours)
144081/1	Mathematics and Mental Mathematics	8:00 - 10:00 am (2 hours)		144052/1	Computer Studies II (Practicals)	2:00 - 4:00 pm (2 hours)
1440112/1	Agriculture II (Practicals)	8:00 - 10:00 am (2 hours sessions)		1440112/1	Agriculture II (Practicals)	8:00 - 10:00 am (2 hours sessions)
1440211/1	Biology II (Practicals)	8:00 - 10:00 am (2 hours sessions)		1440211/1	Biology II (Practicals)	8:00 - 10:00 am (2 hours sessions)
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1440511/1	Chemistry II (Practicals)	8:00 - 10:00 am (2 hours sessions)		1440511/1	Chemistry II (Practicals)	8:00 - 10:00 am (2 hours sessions)
144061/1	Computer Studies I (Theory)	8:00 - 10:00 am (2 hours)		144061/1	Computer Studies I (Theory)	8:00 - 4:00 pm (2 hours 30 minutes)
144071/1	Business Studies I	11:00am - 1:00 pm (2 hours)		144071/1	Business Studies I (Theory)	8:00 - 4:00 pm (2 hours 30 minutes)
14412/1	Additional Mathematics I	8:00 - 10:30am (2 hours 30 minutes)		144023/1	Business Studies II (Theory)	8:00 - 4:00 pm (2 hours 30 minutes)
1440311/1	Computer Studies II (Practicals)	8:00 - 10:00 am (2 hours sessions)		1440311/1	Computer Studies II (Practicals)	8:00 - 4:00 pm (2 hours 30 minutes)
14413/1	Additional Mathematics II	8:00 - 10:30am (2 hours 30 minutes)		144051/1	French I (Oral) (Penta with 20-40)	8:00 - 10:00 am (2 hours)
144051/1	French I (Oral) (Penta with 20-40)	8:00 - 10:00 am (2 hours)		144051/1	French I (Oral) (Penta with 20-40)	8:00 - 10:00 am (2 hours)
144034/1	Checking & Tracing II (Practicals)	8:00 - 8:45 am (Checking and Tracing followed by 20-40 minutes)		144034/1	Checking & Tracing II (Practicals)	8:00 - 10:00 am (2 hours 30 minutes)
144082/1	Modern Economics II (Practicals)	8:00 - 10:45 am (2 hours sessions followed by 1.5 hour session)		144082/1	Modern Economics II (Practicals)	8:00 - 10:00 am (2 hours sessions)
1442011/1	Technical Drawing II (Engineering Drawings)	8:00 - 10:45 am (2 hours sessions)		144082/1	Modern Economics II (Practicals)	8:00 - 10:00 am (2 hours sessions)
14413/1	Technical Drawing II (Engineering Drawings)	8:00 - 10:45 am (2 hours sessions)		144082/1	Modern Economics II (Practicals)	8:00 - 10:00 am (2 hours sessions)
144231/1	Woodwork I (Theory and Design)	8:00 - 10:45 am (2 hours 45 minutes)		144082/1	Modern Economics II (Practicals)	8:00 - 10:30 am (2 hours 30 minutes)
144013/1	Woodwork I (Theory and Design)	8:00 - 10:45 am (2 hours 45 minutes)		144082/1	Modern Economics II (Practicals)	8:00 - 10:30 am (2 hours 30 minutes)
144033/1	Woodwork II (Theory)	8:00 - 11:00 am (3 hours)		144033/1	Woodwork II (Practicals)	8:00 - 10:00 am (2 hours)
144034/1	Woodwork II (Practicals)	8:00 - 11:00 am (3 hours)		144034/1	Woodwork II (Practicals)	8:00 - 10:00 am (2 hours)
144015/1	Woodwork II (Practicals)	8:00 - 11:00 am (3 hours)		144015/1	Woodwork II (Practicals)	8:00 - 10:00 am (2 hours)

2000-01-02

A. Information concerning special items/equipment. For specific subjects will be issued to Supervisors prior to the experiment.  
 B. The following basic machinery should be provided by the course/curriculum: black pens, soft lead pencils fine drawings, clear rubbers, plain writing paper, mathematical instruments, scientific calculations and 30 cm rulers.

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**JA Banks**

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In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories.

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web rest day meal plan breakfast meal 1 1 cup old fashioned oatmeal 80g measured uncooked  $\frac{3}{4}$  cup egg whites 4 omega 3 whole eggs 1 tbsp virgin coconut oil mid morning meal 2 2 cups low fat cottage cheese 4 tbsp salsa 1 scoop whey protein isolate of choice lunch meal 3 2 slices ezeziel 4 9 bread 6 oz turkey breast deli sliced not

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web jan 11 2023 it's also common for athletes to want to gain weight as muscle it is best to see your health care provider if you lost weight unexpectedly your provider or a dietitian can help you gain weight in a healthy way together you can create a plan based on your needs in general your plan may include eating more frequently

meal plans for athletes how to create the best ones ever - Dec 27 2021

web apr 19 2022 generally speaking carbohydrate intake ranges from 5 7 g kg of body weight day for general training needs and 7 10 g kg of body weight day for the increased needs of endurance athletes interestingly studies have found that many athletes fail to consume enough carbohydrates to fully replenish muscle glycogen stores

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web to maintain a fit physique or even if you are looking for a healthy lifestyle with healthy eating habits athlete meal plans can give you great insights and in order to help you learn about different meal plans for athletes we have

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web nov 6 2019 here's a great place to start these recipes can all be prepped and ready to eat in 30 minutes or less smashed baked potato bowl from liz shaw ms rd of simple swaps jackfruit black bean quinoa tacos from sharon palmer rd the

plant powered dietitian pesto pasta salad from rebecca clyde rd of nourish nutrition co

*muscle building diet plan for young athletes stack* - Apr 30 2022

web sep 10 2014 when starting high school athletes on a nutritional program i use a breakdown of 55 percent carbs 25 percent protein and 20 percent fat a 160 pound male athlete will start at about 225 grams of

*8 of the best diet plans and programs for athletes healthline* - May 12 2023

web mar 9 2021 top pick mediterranean diet for men flexitarian diet for women dash diet for gaining muscle paleo diet for weight loss noom for endurance nordic diet for convenience trifecta best meal

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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

**what to eat to gain weight bodybuilding com** - Feb 09 2023

web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

weight gain high calorie meal plan for athletes ddv culinary - Apr 11 2023

web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

**nutrition rules that will fuel your workout mayo clinic** - Feb 26 2022

web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don t boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and muscles

*simple weight gain tips for student athletes nutrition with wendi* - Jun 01 2022

web jan 29 2022 what is measured is well managed download a free app to help with tracking calories protein fats and carbs you can t gain weight if you re not eating enough calories consistently to attain a calorie surplus if you re unwilling to track calories i recommend the plate method for weight gain see our weight gain performance plate

*how to build muscles with sports nutrition verywell fit* - Nov 06 2022

web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1 4 to 2 0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126 180 grams of protein a day

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