

NSSAF Cumberland Districts Track & Field Meet Schedule

Friday May 10th 2019

Track Events (with approximate times)

9:00am	80m hurdles	Finals	JG, IG, SG
9:50am	100m hurdles	Finals	JB, IB, SB
10:40am	100m Special Athletes	Finals	JG, JB, SG, SB
11:00am	400m	Finals	JG, JB, IG, IB, SG, SB
12:45pm	Track Break for Officials (will depend on time)		
1:00pm	100m	Prelims	JG, JB, IG, IB, SG, SB
3:00pm	1500m	Finals	JB, JG, IG, IB, SG, SB
4:30pm	100m	Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>9:00</u>	<u>9:30</u>	<u>11:30</u>	<u>12:00</u>	<u>2:30</u>
Long Jump⁽²⁾	SAJ/S	IB		JB	SB
High Jump		JG		IG	SG
Triple Jump		IG		SG	JG
Shot Put		JB	SAJ/S	SB	IB
Discus		SG		JG	IG
Javelin⁽¹⁾		SB		IB	JB

NOTES

(1) Javelin will be run from the high jump area.

SAJ/S - Special Athletes Junior and Senior (girls and boys combined)

(2) Special Athlete Long jump will take place in the Southern end sand pits

Special Athletes Schedule is as follows (Girls followed by Boys)

Event 1 (Long Jump @ 9am)

Event 2 (100m @ 10:40am)

Event 3 (Shot Put @ 11:30am)

NSSAF Cumberland Districts Track & Field Meet Schedule
Saturday May 11th 2019

Track Events (with approximate times)

9:00am	200 m	Semi-Finals	JG, JB, IG, IB, SG, SB
10:30am	200 m	Finals	Para athletes
11:00am	800 m	Finals	JG, JB, IG, IB, SG, SB
12:30pm	800 m	Finals	Para Athletes
12:35pm	Track Break for Officials (will depend on time)		
12:50pm	4x100 Relay	Finals	JG, JB, IG, IB, SG, SB
2:20pm	200 m	Finals	JG, JB, IG, IB, SG, SB
3:00pm	3000 m⁽³⁾	Finals	JG/JB, IG/ IB, SG, SB
4:30pm	4x400 m	Finals	JG, JB, IG, IB, SG, SB

Field Events

	<u>9:30</u>	<u>12:00</u>	<u>2:30</u>
Long Jump	IG	JG	SG
High Jump	SB	JB	IB
Triple Jump	JB	IB	SB
Shot Put	JG⁽¹⁾	SG	IG
Discus	IB	SB	JB
Javelin⁽²⁾	SG	IG	JG

NOTES

(1) Para Athletes Male & Female will compete in this event before the listed age class.

(2) The javelin will be run from the high jump area.

(3) Junior Girls & Boys 3000m run combined. Intermediate Girls & Boys 3000m combined.