

NSSAF Northumberland Regional Track & Field Meet Schedule
Friday May 24th 2019

Track Events (with approximate times)

| | | | |
|----------|---|-------------|----------------------------|
| 9:30am | 80m hurdles | Semi-Finals | JG, IG, SG |
| 10:00am | 100m hurdles | Semi-Finals | JB, IB, SB |
| 10:30am | 80m hurdles | Finals | JG, IG, SG |
| 11:00am | 100m hurdles | Finals | JB, IB, SB |
| 11:40am | 100m | Finals | Special Athletes |
| 11:45am | <i>Ribbon presentations (hurdles, 9:30 field events)</i> | | |
| 12:15pm | 400m | Semi-Finals | JG, JB, IG, IB, SB (no SG) |
| 12: 25pm | <i>Ribbon presentations during 400m for all Special Athletes.</i> | | |
| 1:30pm | 100m | Semi-Finals | JG, JB, IG, IB, SG, SB |
| 3:00pm | 1500m | Finals | JG, JB, IG, IB, SG, SB |
| 3:10pm | <i>Ribbon presentations (12pm field events).</i> | | |
| 4:00pm | 100m | Finals | JG, JB, IG, IB, SG, SB |
| 4:45pm | <i>Ribbon presentations (2:30 field events, 1500m, 100m).</i> | | |
| 5:00pm | 400m | Finals | JG, JB, IG, IB, SG, SB |

Field Events

| | <u>9:30</u> | <u>10:00</u> | <u>12:00</u> | <u>12:30</u> | <u>2:30</u> |
|------------------------|-------------|--------------|--------------|--------------|-------------|
| Long Jump | SpB | IB | SpG | JB | SB |
| High Jump | JG | | IG | | SG |
| Triple Jump | IG | | SG | | JG |
| Shot Put | SpG | JB | SpB | SB | IB |
| Discus | SG | | JG | | IG |
| Javelin ⁽¹⁾ | | SB (10:45am) | IB (1:15am) | | JB (3:45am) |

NOTES

(1) Javelin events will begin once Discus has finished. Approximate times in brackets.

SPECIAL ATHLETES SCHEDULE

Girls: Shot Put (9:30am) - 100m (11:30am) - Long Jump (12:00pm)

Boys: Long Jump (9:30am) - 100m (11:40am) - Shot Put (12:00pm)

Special Athlete Long Jump will be conducted in long jump pits on north side.

NSSAF Northumberland Regional Track & Field Meet Schedule
Saturday May 25th 2019

Track Events (with approximate times)

| | | | |
|---------|---|-------------|------------------------------|
| 9:30am | 200 meter | Semi-Finals | JG, JB, IG, IB, SG, SB, Para |
| 10:30am | 800 meter | Finals | JG, JB, IG, IB, SG, SB, Para |
| 11:30pm | <i>Ribbon presentation (400m, 9:30 field events).</i> | | |
| 12:00pm | 4x100 Relay | Finals | JG, JB, IG, IB, SG, SB |
| 1:30pm | 200 meter | Finals | JG, JB, IG, IB, SG, SB |
| 2:30pm | 3000 meter | Finals | JG, JB, IG, IB, SG, SB |
| 2:35pm | <i>Ribbon presentations (800m, 4x100m, 200m, 12:00 field events)</i> | | |
| 3:30pm | 4x400 meter | Finals | JG, JB, IG, IB, SG, SB |
| 4:45pm | <i>Ribbon presentations (3000m, 4x400m, 2:30 field events)</i> | | |
| 5:00pm | <i>NSSAF Banner presentations</i> | | |

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 | SG & PARA ⁽²⁾ | IG |
| Discus | IB | SB | JB |
| Javelin ⁽¹⁾ | SG (10:45am) | IG (1:15pm) | JG (3:45pm) |

NOTES

- (1) Javelin events will begin once Discus has finished. Approximate times in brackets.
 (2) Para athletes (girls and boys) will compete in the shot put before senior girls.