

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.