

N.D.A. TRACK AND FIELD FIELD SCHEDULE

TIME	WOMEN	MEN
9:30 AM	Novice - Discus Junior - Javelin Senior - Shot Put Md/Jr/Sr - Pole Vault*	Novice - High Jump Junior - Long Jump Senior - Triple Jump
10:45 AM	Novice - High Jump Junior - Long Jump Senior - Triple Jump	Novice - Javelin Junior - Shot Put Senior - Discus Midget - Pole Vault*
12:00 PM	Novice - Javelin Junior - Shot Put Senior - Discus	Novice - Long Jump Junior - Triple Jump Senior - High Jump
1:15 PM	Novice - Triple Jump Junior - High Jump Senior - Long Jump	Novice - Discus Junior - Javelin Senior - Shot Put Junior - Pole Vault*
2:30 PM	Novice - Shot Put Junior - Discus Senior - Javelin	Novice - Triple Jump Junior - High Jump Senior - Long Jump
3:45 PM	Novice - Long Jump Junior - Triple Jump Senior - High Jump	Novice - Shot Put Junior - Discus Senior - Javelin Senior - Pole Vault*

*the pole vault schedule may be modified to accommodate the number of competitors or the level of ability of the competitors competing.

N.D.A. TRACK SCHEDULE

Time	Gender	Category	Event	Heat/Final
9:10 AM	Girls	Novice	80 m Hurdles	Timed Final 30"
		Junior	80 m Hurdles	Timed Final 30"
		Senior	100 m Hurdles	Timed Final 30"
9:30 AM	Boys	Novice	100 m Hurdles	Timed Final 33"
		Junior	100 m Hurdles	Timed Final 36"
		Senior	110 m Hurdles	Timed Final 36"
9:50 AM	Girls	Open	2000 m S.C.	Timed Final
10:00 AM	Boys	Open	2000 m S.C.	Timed Final
10:20 AM	Girls	Novice	100 m	Heats
		Junior	100 m	Heats
		Senior	100 m	Heats
10:45 AM	Boys	Novice	100 m	Heats
		Junior	100 m	Heats
		Senior	100 m	Heats
11:10 AM	Girls	Novice	400 m	Timed Finals
		Junior	400 m	Timed Finals
		Senior	400 m	Timed Finals
11:35 AM	Boys	Novice	400 m	Timed Finals
		Junior	400 m	Timed Finals
		Senior	400 m	Timed Finals
12:00 PM	Girls	Novice	1500 m	Timed Finals
		Junior	1500 m	Timed Finals
		Senior	1500 m	Timed Finals
12:30 PM	Boys	Novice	1500 m	Timed Finals
		Junior	1500 m	Timed Finals
		Senior	1500 m	Timed Finals
Lunch Break				
1:30 PM	Girls	Novice	300 m Hurdles	Timed Final 30"
		Junior	300 m Hurdles	Timed Final 30"
		Senior	400 m Hurdles	Timed Final 30"
1:50 PM	Boys	Novice	300 m Hurdles	Timed Final 33"
		Junior	300 m Hurdles	Timed Final 33"
		Senior	400 m Hurdles	Timed Final 36"
2:10 PM	Girls	Novice	200 m	Heats
		Junior	200 m	Heats
		Senior	200 m	Heats

Time	Gender	Category	Event	Heat/Final
2:30 PM	Boys	Novice	200 m	Heats
		Junior	200 m	Heats
		Senior	200 m	Heats
2:50 PM	Girls	Novice	800 m	Timed Finals
		Junior	800 m	Timed Finals
		Senior	800 m	Timed Finals
3:05 PM	Boys	Novice	800 m	Timed Finals
		Junior	800 m	Timed Finals
		Senior	800 m	Timed Finals
3:20 PM	Girls	Novice	100 m	Final
		Junior	100 m	Final
		Senior	100 m	Final
3:30 PM	Boys	Novice	100 m	Final
		Junior	100 m	Final
		Senior	100 m	Final
3:40 PM	Girls	Novice	3000 m	Timed Finals
		Junior	3000 m	Timed Finals
		Senior	3000 m	Timed Finals
4:25 PM	Boys	Novice	3000 m	Timed Finals
		Junior	3000 m	Timed Finals
		Senior	3000 m	Timed Finals
5:10 PM	Girls	Novice	200 m	Final
		Junior	200 m	Final
		Senior	200 m	Final
5:20 PM	Boys	Novice	200 m	Final
		Junior	200 m	Final
		Senior	200 m	Final
5:30 PM	Girls	Senior	400 m Relay	Timed Finals
		Junior	400 m Relay	Timed Finals
		Novice	400 m Relay	Timed Finals
5:45 PM	Boys	Senior	400 m Relay	Timed Finals
		Junior	400 m Relay	Timed Finals
		Novice	400 m Relay	Timed Finals
6:00 PM	Girls	Open	1600 m Relay	Timed Finals
6:10 PM	Boys	Open	1600 m Relay	Timed Finals
6:30 PM	Presentation of Awards			