

SSNS Highland Region Track and Field Championships 2022 -- PRELIMINARY SCHEDULE

Friday 20 May 2022 – Track Events

| Start Time | Event | Type | Category | Awards Presentations |
|------------|---------------|-------------|--------------------|----------------------|
| 10:00 a.m. | 80 m Hurdles | Timed Final | Junior Girls | |
| | 80 m Hurdles | Timed Final | Intermediate Girls | |
| | 80 m Hurdles | Timed Final | Junior Boys | |
| 10:30 a.m. | 100 m Hurdles | Timed Final | Senior Girls | |
| | 100 m Hurdles | Timed Final | Intermediate Boys | |
| | 110 m Hurdles | Timed Final | Senior Boys | |
| 11:00 a.m. | 400 m | Timed Final | Junior Girls | |
| | 400 m | Timed Final | Junior Boys | |
| | 400 m | Timed Final | Intermediate Girls | |
| | 400 m | Timed Final | Intermediate Boys | |
| | 400 m | Timed Final | Senior Girls | |
| | 400 m | Timed Final | Senior Boys | |
| 12:00 p.m. | 100 m | Semi Final | Junior Girls | |
| | 100 m | Semi Final | Junior Boys | |
| | 100 m | Semi Final | Intermediate Girls | |
| | 100 m | Semi Final | Intermediate Boys | |
| | 100 m | Semi Final | Senior Girls | |
| | 100 m | Semi Final | Senior Boys | |
| 1:20 p.m. | 1500 m | Timed Final | Junior Girls | |
| | 1500 m | Timed Final | Junior Boys | |
| | 1500 m | Timed Final | Intermediate Girls | |
| | 1500 m | Timed Final | Intermediate Boys | |
| | 1500 m | Timed Final | Senior Girls | |
| | 1500 m | Timed Final | Senior Boys | |
| 2:20 p.m. | 100 m | Final | Junior Girls | |
| | 100 m | Final | Junior Boys | |
| | 100 m | Final | Intermediate Girls | |
| | 100 m | Final | Intermediate Boys | |
| | 100 m | Final | Senior Girls | |
| | 100 m | Final | Senior Boys | |
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SSNS Highland Region Track and Field Championships 2022 -- PRELIMINARY SCHEDULE

Friday 20 May 2022 – Field Events

| Start Time | Event | Category | Awards Presentations |
|------------|-------------|--------------------|----------------------|
| 10:00 a.m. | Long Jump | Intermediate Boys | |
| | High Jump | Junior Girls | |
| | Triple Jump | Intermediate Girls | |
| | Shot Put | Junior Boys | |
| | Discus | Senior Girls | |
| | Javelin | Senior Boys | |
| 12:00 p.m. | Long Jump | Junior Boys | |
| | High Jump | Intermediate Girls | |
| | Triple Jump | Senior Girls | |
| | Shot Put | Senior Boys | |
| | Discus | Junior Girls | |
| | Javelin | Intermediate Boys | |
| 2:00 p.m. | Long Jump | Senior Boys | |
| | High Jump | Senior Girls | |
| | Triple Jump | Junior Girls | |
| | Shot Put | Intermediate Boys | |
| | Discus | Intermediate Girls | |
| | Javelin | Junior Boys | |

SSNS Highland Region Track and Field Championships 2022 -- PRELIMINARY SCHEDULE

Saturday 21 May 2022 – Track Events

| Start Time | Event | Type | Category | Awards Presentations |
|-------------------------------------|-----------|-------------|--------------------|----------------------|
| 10:00 a.m. | 200 m | Semi Final | Junior Girls | |
| | 200 m | Semi Final | Junior Boys | |
| | 200 m | Semi Final | Intermediate Girls | |
| | 200 m | Semi Final | Intermediate Boys | |
| | 200 m | Semi Final | Senior Girls | |
| | 200 m | Semi Final | Senior Boys | |
| 11:00 a.m. | 800 m | Timed Final | Junior Girls | |
| | 800 m | Timed Final | Junior Boys | |
| | 800 m | Timed Final | Intermediate Girls | |
| | 800 m | Timed Final | Intermediate Boys | |
| | 800 m | Timed Final | Senior Girls | |
| | 800 m | Timed Final | Senior Boys | |
| 11:30 p.m. | 100 m | Timed Final | Special Athletes | |
| 12:00 p.m. | 4 X 100 m | Timed Final | Junior Girls | |
| | 4 X 100 m | Timed Final | Junior Boys | |
| | 4 X 100 m | Timed Final | Intermediate Girls | |
| | 4 X 100 m | Timed Final | Intermediate Boys | |
| | 4 X 100 m | Timed Final | Senior Girls | |
| | 4 X 100 m | Timed Final | Senior Boys | |
| 12:40 p.m. | 200 m | Final | Junior Girls | |
| | 200 m | Final | Junior Boys | |
| | 200 m | Final | Intermediate Girls | |
| | 200 m | Final | Intermediate Boys | |
| | 200 m | Final | Senior Girls | |
| | 200 m | Final | Senior Boys | |
| 1:10 p.m. | 3000 m | Final | Junior Girls | |
| | 3000 m | Final | Junior Boys | |
| | 3000 m | Final | Intermediate Girls | |
| | 3000 m | Final | Intermediate Boys | |
| | 3000 m | Final | Senior Girls | |
| | 3000 m | Final | Senior Boys | |
| 2:30 p.m. | 4x400 | Timed Final | Junior Girls | |
| | 4x400 | Timed Final | Junior Boys | |
| | 4x400 | Timed Final | Intermediate Girls | |
| | 4x400 | Timed Final | Intermediate Boys | |
| | 4x400 | Timed Final | Senior Girls | |
| | 4x400 | Timed Final | Senior Boys | |
| BANNER PRESENTATIONS 4:30 PM | | | | |

SSNS Highland Region Track and Field Championships 2022 -- PRELIMINARY SCHEDULE

Saturday 21 May 2022 – Field Events

| Start Time | Event | Category | Awards Presentations |
|------------|-------------|--------------------|----------------------|
| 10:00 a.m. | Long Jump | Intermediate Girls | |
| | High Jump | Senior Boys | |
| | Triple Jump | Junior Boys | |
| | Shot Put | Junior Girls | |
| | Discus | Intermediate Boys | |
| | Javelin | Senior Girls | |
| 12:00 noon | Long Jump | Junior Girls | |
| | High Jump | Junior Boys | |
| | Triple Jump | Intermediate Boys | |
| | Shot Put | Senior Girls | |
| | Discus | Senior Boys | |
| | Javelin | Intermediate Girls | |
| 1:00 p.m. | Long Jump | Special Athletes | |
| 1:30 p.m. | Shot Put | Special Athletes | |
| 2:00 p.m. | Long Jump | Senior Girls | |
| | High Jump | Intermediate Boys | |
| | Triple Jump | Senior Boys | |
| | Shot Put | Intermediate Girls | |
| | Discus | Junior Boys | |
| | Javelin | Junior Girls | |