

# SSNS Pictou-Cumberland District Track & Field Meet Schedule

**Friday May 12th, 2023**

## *Track Events (with approximate times)*

9:15am	80m hurdles	Finals	JG(30"), JB (30"), IG (30")
10:05am	100m hurdles	Finals	IB (33"), SG (30"),
10:45am	110m hurdles	Finals	SB (36")
11:15am	100m Supported Athletes	Finals	SAJG, SAJB, SASG, SASB
11:40am	400m	Finals	JG, JB, IG, IB, SG, SB
12:40pm	Track Break for Officials (10-15 minutes depending on time)		
1:00pm	100m	Prelims	JG, JB, IG, IB, SG, SB
2:45pm	1500m <sup>(3)</sup>	Finals	JB, JG, IG, IB, SG, SB
4:00pm	100m	Finals	JG, JB, IG, IB, SG, SB

## *Field Events*

	<u>9:30</u>	<u>10:20</u>	<u>12:00</u>	<u>2:30</u>
Long Jump <sup>(2)</sup>	IB & SA girls	SA boys	JB	SB
High Jump	JG		IG	SG
Triple Jump	IG		SG	JG
Shot Put <sup>(4)</sup>	JB & SA boys	SA girls	SB	IB
Discus	SG		JG	IG
Javelin <sup>(1)</sup>	SB		IB	JB

### NOTES

- (1) Javelin will be run from the high jump area.
- (2) Supported Athlete Long jump will take place in the South end sand pits.
- (3) Age classes may be combined depending on registration numbers.
- (4) Supported Athletes Shot Put to take place before Junior Boys SP.

Supported Athletes Schedule is as follows:  
 Event 1 (Shot Put boys & Long Jump girls @ 9:30am)  
 Event 2 (Shot Put girls & Long Jump boys @ 10:20am)  
 Event 3 (100m boys & girls @ 11:15am)

# SSNS Pictou-Cumberland District Track & Field Meet Schedule

**Saturday May 13th, 2023**

## *Track Events (with approximate times)*

9:15am	200 m	Prelims	JG, JB, IG, IB, Para, SG, SB
10:45am	800 m	Finals	JG, JB, IG, IB, Para, SG, SB
12:00pm	4x100 Relay	Finals	JG, JB, IG, IB, SG, SB
1:30pm	Track Break for Officials (10-15 minutes depending on time)		
1:50pm	200 m	Finals	JG, JB, IG, IB, SG, SB
2:50pm	3000 m <sup>(3)</sup>	Finals	JG, JB, IG, IB, SG, SB
4:00pm	4x400 m <sup>(3)</sup>	Finals	JG, JB, IG, IB, SG, SB

## *Field Events*

	<u>9:30</u>	<u>11:30</u>	<u>2:00</u>
Long Jump	IG	JG	SG
High Jump	SB	JB	IB
Triple Jump	JB	IB	SB
Shot Put	JG <sup>(1)</sup>	SG	IG
Discus	IB	SB	JB
Javelin <sup>(2)</sup>	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) Age classes may be combined depending on registration numbers.