

Cape Breton Victoria SSNS District Track & Field Championships

FINAL Schedule Thursday, 11 May, 2023 **Final Schedule

Track Events - In track events, the athletes should be at the Track Marshalling area 30 minutes before the start of the race to confirm that they are present and ready to compete (for field events report at the event site 30 min before the event). We will try to keep to the schedule. Marshalling for Track events is in the big tent. Coaches Meeting 9 AM. Please note that the 3000m will not be run during the district meet, all entries for 3000 advancing to the Regionals.

Time	Event	Category
9:30 am	400 M	Junior Girls
9:50 am	400 M	Junior Boys
10:10 am	400 M	Intermediate Girls
10:20 am	400 M	Intermediate Boys
10:30 am	400 M	Senior Girls
10:40 am	400 M	Senior Boys
Time	Event	Category
10:55 am	100 M	Junior Girls
11:15 am	100 M	Junior Boys
11:35 am	100 M	Supported Athletes
Time	Event	Category
11:45 am	800 M	Junior Girls
11:52 am	800 M	Junior Boys
12:00 pm	800 M	Intermediate Girls
12:07 pm	800 M	Intermediate Boys
12:15 pm	800 M	Senior Girls
12:22 pm	800 M	Senior Boys
Time	Event	Category
12:40 pm	4 x 100 M Relay	Junior Girls
12:50 pm	4 x 100 M Relay	Junior Boys
Time	Event	Category
1:00 pm	100 M	Intermediate Girls
1:10 pm	100 M	Intermediate Boys
1:20 pm	100 M	Senior Girls
1:30 pm	100 M	Senior Boys
Time	Event	Category
1:50 pm	1500 M	Junior Girls
2:00 pm	1500 M	Junior Boys
2:10 pm	1500 M	Intermediate/Senior Girls
2:20 pm	1500 M	Intermediate/Senior Boys
Time	Event	Category

2:35 pm	200 M	Junior Girls
2:55 pm	200 M	Junior Boys
3:10 pm	200 M	Intermediate Girls
3:20 pm	200 M	Intermediate Boys
3:30 pm	200 M	Senior Girls
3:40 pm	200 M	Senior Boys

Field Events – Jumping and Throwing

Athletes must register for their jumping and throwing events at the event location 30 minutes prior to the event.

Event Time	Javelin	Discus	Shot Put	High Jump	Long Jump
9:30 am	Intermediate Boys	Senior Girls	Junior Girls	Junior Girls	Junior Boys
10:30 am	Senior Boys	Intermediate Girls	Junior Boys	Junior Boys	Intermediate Girls
11:30 pm					Supported Athletes
11:50 pm			Supported Athletes		
12:00 pm	Senior Girls	Junior Boys	Intermediate Girls	Intermediate Girls	Junior Girls
1:00 pm	Junior Boys	Junior Girls	Intermediate Boys	Senior Girls	Intermediate Boys
3:00 pm	Junior Girls	Intermediate Boys	Senior Boys	Senior Boys	Senior Girls
5:00 pm	Intermediate Girls	Senior Boys	Senior Girls	Intermediate Boys	Senior Boys