**SSNS Colchester-East Hants and Antigonish District Track and Field**

**MEET SCHEDULE**

**FRIDAY, May 10, 2024**

**COACHES MEETING: 8:30 am – Clubhouse (one rep per school)**

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| **TRACK EVENTS** **ALL TRACK EVENTS WILL PROCEED IN ORDER, AS THE TRACK BECOMES AVAILABLE** |

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| **TIME** | **TRACK EVENT** | **TYPE** | **AGE CLASS** |
| **9:15 am** | 80m Hurdles | **FINALS** | JG, JB, IG |
|  | 100m/110m Hurdles | **FINALS** | IB, SG, SB (110m) |
|  | 100m Supported Athletes | **FINALS** | JG, JB, SG, SB |
|  | 400m | **FINALS** | JG, JB, IG, IB, SG, SB |
|  | TRACK BREAK FOR OFFICIALS |  |  |
|  | 100m | **SEMIS** | JG, JB, IG, IB, SG, SB |
|  | 1500m | **FINALS** | JG, JB, IG, IB, SG, SB |
|  | 100m  | **FINALS** | JG, JB, IG, IB, SG, SB |

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| **FIELD EVENTS** |

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| **EVENT** | **9:15** | **9:30** | **10:15** | **11:30** | **12:30** | **2:15** | **3:15** |
| **LONG JUMP** |  | SAB\* | IB | SAG\* | JB | SB |  |
| **HIGH JUMP** |  | JG |  | IG |  | SG |  |
| **TRIPLE JUMP** |  | IG |  | SG |  | JG |  |
| **SHOT PUT** |  | SAG\* | JB | SAB\* | SB | IB |  |
| **DISCUS** |  |  | SG |  | JG |  | IG |
| **JAVELIN** | SB |  |  | IB |  | JB |  |

**NOTES:**

SAB\* - Supported Athletes Boys (junior and senior age classes)

SAG\* - Supported Athletes Girls (junior and senior age classes)

***Javelin and Discus events will stagger start times for safety purposes. Athletes should not be in either event area until an official is present.***

**SSNS Colchester-East Hants and Antigonish District Track and Field**

**MEET SCHEDULE**

**SATURDAY, May 11, 2024**

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| **TRACK EVENTS** **ALL TRACK EVENTS WILL PROCEED IN ORDER, AS THE TRACK BECOMES AVAILABLE** |

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| **TIME** | **TRACK EVENT** | **TYPE** | **AGE CLASS** |
| **9:00 am** | 200m\* | **SEMIS** | JG, JB, IG, IB, SG, SB |
|  | 800m\* | **FINALS** | JG, JB, IG, IB, SG, SB |
|  | 4 X 100m RELAY | **FINALS** | JG, JB, IG, IB, SG, SB |
|  | TRACK BREAK FOR OFFICIALS  |  |  |
|  | 200m | **FINALS** | JG, JB, IG, IB, SG, SB |
|  | 3000m\*\* | **FINALS** | JG, JB, IG, IB, SG, SB |
|  | 4X400m RELAY | **FINALS** | JG, JB, IG, IB, SG, SB |

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| **FIELD EVENTS** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EVENT** | **9:00** | **9:30** | **11:00** | **11:30** | **12:00** | **1:00** | **2:00** | **3:30** |
| **LONG JUMP** |  | IG |  | JG |  |  | SG |  |
| **HIGH JUMP** |  | SB |  | JB |  |  | IB |  |
| **TRIPLE JUMP** |  | JB |  | IB |  |  | SB |  |
| **SHOT PUT** |  | JG |  | SG |  |  | IG |  |
| **DISCUS** | IB |  |  |  | SB |  | JB |  |
| **JAVELIN** |  |  | SG |  |  | IG |  | JG |

**NOTES:**

\*Para Athletes (M/F) will compete in this event before the listed age-class.

\*\*Junior and Intermediate age classes may be combined for this event depending on registration numbers.

***Javelin and Discus events will stagger start times for safety purposes. Athletes should not be in either event area until an official is present.***