**SSNS Kings/Hants District Track and Field Schedule of Events**

**May 10/11, 2024**

**ATHLETES ARE EXPECTED TO BE PRESENT AND READY TO COMPETE IN**

**THEIR TRACK EVENT 20 MINUTES PRIOR TO THE POSTED TIME**

**MAY 10 Day 1 Track Events Schedule**

**10:00 a.m.** 80m Hurdles Timed Finals Junior Girls, Junior Boys, Intermediate Girls

**10:40 a.m.** 100m Hurdles Timed Finals Senior Girls, Intermediate Boys

110m Hurdles Timed Finals Senior Boys

**11:20 a.m.** 400m Heats Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**12:30 p.m.** Ribbon presentations (Hurdles)

**12:40 p.m.** 100m Heats Jr. Girls, Jr. Boys

**1:00 p.m.** 100m Timed Finals Supported Athletes Competition

Ribbon Presentation after event

**1:30 p.m.** 100m Heats Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**2:50 p.m.** 1500m Timed Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**4:20 p.m.** 100m Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**4:50 p.m.** 400m Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

Ribbon Presentations (1500m, 100m, 400m, if ready)

**MAY 10 Day 1 Field Events Schedule**

Ribbons will be presented for all field events at the field location directly following.

**10:00 a.m.** **12:00 p.m.**

Shot Put Supported Athlete JG (shot pad) Shot Put Supported Athlete SG (shot pad)

Shot Put Supported Athlete JB (discus pad) Shot Put Supported Athlete SB (disc pad)

Long Jump Supported Athlete SG (triple pit) Long Jump Supported Athlete JG (triple pit)

Long jump Supported Athlete SB (long pit) Long Jump Supported Athlete JB (long pit)

**11:00 a.m.**

Long Jump Int. Boys

High Jump Jr. Girls

Triple Jump Int. Girls

Shot Put Jr. Boys

Discus Sr. Girls

Javelin Sr. Boys

**1:00 p.m.**

Long Jump Jr. Boys

High Jump Int. Girls

Triple Jump Sr. Girls

Shot Put Sr. Boys

Discus Jr. Girls

Javelin Int. Boys

**3:00 p.m.**

Long Jump Sr. Boys

High Jump Sr. Girls

Triple Jump Jr. Girls

Shot Put Int. Boys

Discus Int. Girls

Javelin Jr. Boys

**SSNS Kings/Hants District Track and Field Schedule of Events**

**May 10/11, 2024**

**ATHLETES ARE EXPECTED TO BE PRESENT AND READY TO COMPETE IN**

**THEIR TRACK EVENT 20 MINUTES PRIOR TO THE POSTED TIME**

**MAY 11 Day 2 Track Events Schedule**

**10:00 a.m.** 200m Heats Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys  
 200m Final Para Athletes

**11:30 a.m.** 800m Timed Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys, Para

**12:00 p.m.** Ribbon Presentations (800m if ready)

**12:30 a.m.** 4 x 100 Timed Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**2:00 p.m.** 200m Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**2:50 p.m.** Ribbon Presentations (4X100, 200m)

**3:00 p.m.** 3000m Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**4:15 p.m.** 4 x 400m Timed Finals Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

Ribbon Presentations (3000m, 4X400)

**MAY 11 Day 2 Field Events Schedule**

Ribbons will be presented for all field events at the field location directly following.

**10:30 a.m.** **12:30 p.m.** **2:30 p.m.**

Long Jump Int. Girls Long Jump Jr. Girls Long Jump Sr. Girls

High Jump Sr. Boys High Jump Jr. Boys High Jump Int. Boys

Triple Jump Jr. Boys Triple Jump Int. Boys Triple Jump Sr. Boys

Shot Put Jr. Girls Shot Put Sr. Girls Shot Put Int. Girls

Discus Int. Boys Discus Sr. Boys Discus Jr. Boys

Javelin Sr. Girls Javelin Int. Girls Javelin Jr. Girls

**2:00 p.m.**

Shot Put Para Athletes