

Cape Breton Victoria SSNS District Track & Field Championships

Schedule Monday, 13 May, 2024 **Final Schedule (Revised)

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. Marshaling 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 |
|---------|-------|--------------------|
| 9:30am | 400M | Junior Girls |
| 9:50am | 400M | Junior Boys |
| 10:10am | 400M | Intermediate Girls |
| 10:20am | 400M | Intermediate Boys |
| 10:30am | 400M | Senior Girls |
| 10:40am | 400M | Senior Boys |
| Time | Event | Category |
| 10:55am | 100M | Junior Girls |
| 11:15am | 100M | Junior Boys |
| 11:35am | 100M | Supported Athletes |
| Time | Event | Category |
| 11:45am | 800M | Junior Girls |
| 11:52am | 800M | Junior Boys |
| 12:00pm | 800M | Intermediate Girls |
| 12:07pm | 800M | Intermediate Boys |
| 12:15pm | 800M | Senior Girls |
| 12:22pm | 800M | Senior Boys |
| Time | Event | Category |

| | | |
|-------------|----------------|---------------------------|
| 12:40pm | 4 X 100M Relay | Junior Girls |
| 12:50pm | 4 X 100M Relay | Junior Boys |
| Time | Event | Category |
| 1:00pm | 100M | Intermediate Girls |
| 1:15pm | 100M | Intermediate Boys |
| 1:30pm | 100M | Senior Girls |
| 1:45pm | 100M | Senior Boys |
| Time | Event | Category |
| 2:05pm | 1500M | Junior Girls |
| 2:15pm | 1500M | Junior Boys |
| 2:25pm | 1500M | Intermediate/Senior Girls |
| 2:35pm | 1500M | Intermediate/Senior Boys |
| Time | Event | Category |
| 2:55pm | 200M | Junior Girls |
| 3:15pm | 200M | Junior Boys |
| 3:35pm | 200M | Intermediate Girls |
| 3:50pm | 200M | Intermediate Boys |
| 4:05pm | 200M | Senior Girls |
| 4:20pm | 200M | 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 | Triple J. |
|------------|--------------------------|------------|--------------------------|------------|--------------------------|------------|
| 9:30am | Int. Boys | Sen. Girls | Jun. Girls 3 Attempts | Jun. Girls | Jun. Boys 3 Attempts | Sen. Girls |
| 10:30am | Sen. Boys 3 Attempts | Int. Girls | Jun. Boys 3 Attempts | Jun. Boys | Int. Girls 3 Attempts | Sen. Boys |
| 11:30am | Sen. Girls | Jun. Boys | | Int. Girls | Supported | Int. Boys |
| 11:45am | | | Supported | | | |
| 12:00pm | | | | | Jun. Girls 3 Attempts | |
| 12:30pm | Jun. Boys 3 Attempts | Jun. Boys | Int. Girls | Sen. Girls | | Int. Girls |
| 1:30pm | | Int. Boys | Sen. Girls 3 Attempts | Sen. Boys | Int. Boys 3 Attempts | Jun. Girls |
| 2:00pm | Jun. Girls 3 Attempts | | Sen. Boys 3 Attempts | | | |
| 2:30pm | | | | | Sen. Girls 3 Attempts | Jun. Boys |
| 3:30pm | Int. Girls | Sen. Boys | Int. Boys | Int. Boys | Sen. Boys 3 Attempts | |