

SSNS Northumberland Regional Track & Field Meet Schedule
May 24 & 25, 2024

DAY 1 TRACK SCHEDULE

Event Time	Round	Event	Age Categories					
9:30 am	P	80m Hurdles	JG	JB	IG			
10:00 am	P	100m Hurdles					SG	
10:10 am	P	100m Hurdles				IB		
10:20 am	P	110m Hurdles						SB
10:40 am	F	80m Hurdles	JG	JB	IG			
11:00 am	F	100m Hurdles					SG	
11:05 am	F	100m Hurdles				IB		
11:20 am	F	110m Hurdles						SB
11:25 am		Awards	hurdles & 9:30 field events					
11:55 am	F	100m	Supported Athletes JG JB SG SB					
12:30 pm	P	400m	JG	JB	IG	IB	SG	SB
1:20 pm		Track Break						
1:20 pm		Awards	All Supported Athlete events					
1:55 pm	P	100m	JG	JB	IG	IB	SG	SB
2:45 pm	F	1500m	JG	JB	IG	IB	SG	SB
3:00 pm		Awards	12pm field events					
4:20 pm	F	100m	JG	JB	IG	IB	SG	SB
4:45 pm	F	400m	JG	JB	IG	IB	SG	SB
5:00 pm		Awards	2:30 field events , 1500m					

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DAY 1 FIELD SCHEDULE

Event Name	9:30am	10:30am	12:00pm	1:00pm	2:30pm	3:30pm
Long Jump	Supp G & IB	Supp B	JB		SB	
High Jump	JG		IG		SG	
Triple Jump	IG		SG		JG	
Shot Put	Supp B & JB	Supp G	SB		IB	
Discus	SG		JG		IG	
Javelin		SB		IB		JB

DAY 2 FIELD SCHEDULE

Event Name	9:30am	10:30am	12:00pm	1:00pm	2:30pm	3:30pm
Long Jump	IG		JG		SG	
High Jump	SB		JB		IB	
Triple Jump	JB		IB		SB	
Shot Put	JG		SG & Para		IG	
Discus	IB		SB		JB	
Javelin		SG		IG		JG

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DAY 2 TRACK SCHEDULE

Event Time	Round	Event	Age Categories					
9:30 am	P	200m	JG	JB	IG	IB	SG	SB
10:00 am	F	200m	Para					
10:10 am	F	800m	JG	JB	IG	IB	SG	SB
10:15 am		Awards	Day 1 400m , 100m , & 9:30 field events					
11:40 am	F	4 x 100m relay	JG	JB	IG	IB	SG	SB
12:50 pm		Track Break						
1:10 pm	F	200m	JG	JB	IG	IB	SG	SB
2:00 pm	F	3000m	JG	JB	IG	IB	SG	SB
2:10 pm		Awards	800m , 4x100m , 12:00 field events					
3:40 pm	F	4 x 400m relay	JG	JB	IG	IB	SG	SB
4:25 pm		Awards	all remaining events					
4:50 pm		Awards	SSNS Banner Presentations					