

SSNS Highland Region Track and Field Championships 2024 --

Friday 24 May 2024 – Track Events

Start Time	Event	Type	Category	Awards Presentations
10:00 a.m.	80 m Hurdles	Timed Final	Junior Girls	
	80 m Hurdles	Timed Final	Intermediate Girls	
	80 m Hurdles	Timed Final	Junior Boys	
10:30 a.m.	100 m Hurdles	Timed Final	Senior Girls	
	100 m Hurdles	Timed Final	Intermediate Boys	
	110 m Hurdles	Timed Final	Senior Boys	
11:00 a.m.	400 m	Semi Final	Junior Girls	
	400 m	Semi Final	Junior Boys	
	400 m	Semi Final	Intermediate Girls	
	400 m	Semi Final	Intermediate Boys	
	400 m	Semi Final	Senior Girls	
	400 m	Semi Final	Senior Boys	
12:00 p.m.	100 m	Semi Final	Junior Girls	
	100 m	Semi Final	Junior Boys	
	100 m	Semi Final	Intermediate Girls	
	100 m	Semi Final	Intermediate Boys	
	100 m	Semi Final	Senior Girls	
	100 m	Semi Final	Senior Boys	
1:20 p.m.	1500 m	Timed Final	Junior Girls	
	1500 m	Timed Final	Junior Boys	
	1500 m	Timed Final	Intermediate Girls	
	1500 m	Timed Final	Intermediate Boys	
	1500 m	Timed Final	Senior Girls	
	1500 m	Timed Final	Senior Boys	
2:20 p.m.	100 m	Final	Junior Girls	
	100 m	Final	Junior Boys	
	100 m	Final	Intermediate Girls	
	100 m	Final	Intermediate Boys	
	100 m	Final	Senior Girls	
	100 m	Final	Senior Boys	
3:10 p.m.	400 m	Final	Junior Girls	
	400 m	Final	Junior Boys	
	400 m	Final	Intermediate Girls	
	400 m	Final	Intermediate Boys	
	400 m	Final	Senior Girls	
	400 m	Final	Senior Boys	

SSNS Highland Region Track and Field Championships 2024

Friday 24 May 2024 – Field Events

Start Time	Event	Category	Awards Presentations
10:00 a.m.	Long Jump	Intermediate Boys	
	High Jump	Junior Girls	
	Triple Jump	Intermediate Girls	
	Shot Put	Junior Boys	
	Discus	Senior Girls	
	Javelin	Senior Boys	
12:00 p.m.	Long Jump	Junior Boys	
	High Jump	Intermediate Girls	
	Triple Jump	Senior Girls	
	Shot Put	Senior Boys	
	Discus	Junior Girls	
	Javelin	Intermediate Boys	
2:00 p.m.	Long Jump	Senior Boys	
	High Jump	Senior Girls	
	Triple Jump	Junior Girls	
	Shot Put	Intermediate Boys	
	Discus	Intermediate Girls	
	Javelin	Junior Boys	

SSNS Highland Region Track and Field Championships 2024 --

Saturday 25 May 2024 – Track Events

Start Time	Event	Type	Category	Awards Presentations
10:00 a.m.	200 m	Semi Final	Junior Girls	
	200 m	Semi Final	Junior Boys	
	200 m	Semi Final	Intermediate Girls	
	200 m	Semi Final	Intermediate Boys	
	200 m	Semi Final	Senior Girls	
	200 m	Semi Final	Senior Boys	
11:00 a.m.	800 m	Timed Final	Junior Girls	
	800 m	Timed Final	Junior Boys	
	800 m	Timed Final	Intermediate Girls	
	800 m	Timed Final	Intermediate Boys	
	800 m	Timed Final	Senior Girls	
	800 m	Timed Final	Senior Boys	
11:30 p.m.	100 m	Timed Final	Special Athletes	
12:00 p.m.	4 X 100 m	Timed Final	Junior Girls	
	4 X 100 m	Timed Final	Junior Boys	
	4 X 100 m	Timed Final	Intermediate Girls	
	4 X 100 m	Timed Final	Intermediate Boys	
	4 X 100 m	Timed Final	Senior Girls	
	4 X 100 m	Timed Final	Senior Boys	
12:40 p.m.	200 m	Final	Junior Girls	
	200 m	Final	Junior Boys	
	200 m	Final	Intermediate Girls	
	200 m	Final	Intermediate Boys	
	200 m	Final	Senior Girls	
	200 m	Final	Senior Boys	
1:10 p.m.	3000 m	Final	Junior Girls	
	3000 m	Final	Junior Boys	
	3000 m	Final	Intermediate Girls	
	3000 m	Final	Intermediate Boys	
	3000 m	Final	Senior Girls	
	3000 m	Final	Senior Boys	
2:30 p.m.	4x400	Timed Final	Junior Girls	
	4x400	Timed Final	Junior Boys	
	4x400	Timed Final	Intermediate Girls	
	4x400	Timed Final	Intermediate Boys	
	4x400	Timed Final	Senior Girls	
	4x400	Timed Final	Senior Boys	
BANNER PRESENTATIONS 4:30 PM				

SSNS Highland Region Track and Field Championships 2024 -- FINAL

Saturday 25 May 2024 – Field Events

Start Time	Event	Category	Awards Presentations
10:00 a.m.	Long Jump	Intermediate Girls	
	High Jump	Senior Boys	
	Triple Jump	Junior Boys	
	Shot Put	Junior Girls	
	Discus	Intermediate Boys	
	Javelin	Senior Girls	
12:00 noon	Long Jump	Junior Girls	
	High Jump	Junior Boys	
	Triple Jump	Intermediate Boys	
	Shot Put	Senior Girls	
	Discus	Senior Boys	
	Javelin	Intermediate Girls	
1:00 p.m.	Long Jump	Supported Athletes	
1:30 p.m.	Shot Put	Supported Athletes	
2:00 p.m.	Long Jump	Senior Girls	
	High Jump	Intermediate Boys	
	Triple Jump	Senior Boys	
	Shot Put	Intermediate Girls	
	Discus	Junior Boys	
	Javelin	Junior Girls	