



2024 NWOSSAA TRACK & FIELD

MEET SCHEDULE

DAY 1 - TUESDAY, MAY 28, 2024

TRACK				FIELD		
TIME	EVENT			TIME	EVENT	
1:00 PM	Novice Girls	400 m	HEATS	1:00 PM	Novice Girls	Long Jump
	Novice Boys	400 m	HEATS		Junior Girls	High Jump
	Junior Girls	400 m	HEATS		Senior Girls	Triple Jump
	Junior Boys	400 m	HEATS		Novice Boys	Javelin
	Senior Girls	400 m	HEATS		Junior Boys	Discus
	Senior Boys	400 m	HEATS		Senior Boys	Shot Put
2:00 PM	Novice Girls	100 m	HEATS	2:30 PM	Novice Girls	Shot Put
	Novice Boys	100 m	HEATS		Junior Girls	Discus
	Junior Girls	100 m	HEATS		Senior Girls	Javelin
	Junior Boys	100 m	HEATS		Novice Boys	High Jump
	Senior Girls	100 m	HEATS		Junior Boys	Triple Jump
	Senior Boys	100 m	HEATS		Senior Boys	Long Jump
3:00 PM	Novice Girls	1500 m	FINAL	4:00 PM	Novice Girls	Triple Jump
	Novice Boys	1500 m	FINAL		Junior Girls	Long Jump
	Junior Girls	1500 m	FINAL		Senior Girls	High Jump
	Junior Boys	1500 m	FINAL		Novice Boys	Shot Put
	Senior Girls	1500 m	FINAL		Junior Boys	Javelin
	Senior Boys	1500 m	FINAL		Senior Boys	Discus
4:00 PM	Novice Girls	400 m	FINAL	Event Conflict Process		
	Novice Boys	400 m	FINAL	Please remind competitors that when field events and track events conflict as to time, track events take precedence .		
	Junior Girls	400 m	FINAL	* Report to the field event first and inform the official that you are in a track event.		
	Junior Boys	400 m	FINAL	* Compete in the track event and then return to the field event.		
	Senior Girls	400 m	FINAL			
	Senior Boys	400 m	FINAL			
5:00 PM	Novice Girls	100 m	FINAL			
	Novice Boys	100 m	FINAL			
	Junior Girls	100 m	FINAL			
	Junior Boys	100 m	FINAL			
	Senior Girls	100 m	FINAL			
	Senior Boys	100 m	FINAL			

