



2024 NWOSSAA TRACK & FIELD

MEET SCHEDULE

DAY 2 - Wednesday, MAY 29, 2024

TRACK				FIELD		
TIME	EVENT			TIME	EVENT	
9:30 AM	Senior Girls	200 m	HEATS	9:00 AM	Novice Girls	Javelin
	Senior Boys	200 m	HEATS		Junior Girls	Shot Put
	Junior Girls	200 m	HEATS		Senior Girls	Discus
	Junior Boys	200 m	HEATS		Novice Boys	Triple Jump
	Novice Girls	200 m	HEATS		Junior Boys	Long Jump
	Novice Boys	200 m	HEATS		Senior Boys	High Jump
10:30 AM	Senior Girls	800 m	FINAL	10:30 AM	Novice Girls	High Jump
	Senior Boys	800 m	FINAL		Junior Girls	Triple Jump
	Junior Girls	800 m	FINAL		Senior Girls	Long Jump
	Junior Boys	800 m	FINAL		Novice Boys	Discus
	Novice Girls	800 m	FINAL		Junior Boys	Shot Put
	Novice Boys	800 m	FINAL		Senior Boys	Javelin
11:00 AM	Special O	100 m	RACE	TRACK BREAK		
11:15 AM	Special O	50 m	RACE			
12:00 PM	Senior Girls	200 m	FINAL	12:00 PM	Special O	Baseball Throw
	Senior Boys	200 m	FINAL		Special O	Long Jump
	Junior Girls	200 m	FINAL			
	Junior Boys	200 m	FINAL			
	Novice Girls	200 m	FINAL	12:30 PM	Novice Girls	Discus
	Novice Boys	200 m	FINAL		Junior Girls	Javelin
12:20 PM	Special O	400 m	RACE		Senior Girls	Shot Put
12:30 PM	Senior Girls	3000 m	FINAL		Novice Boys	Long Jump
	Senior Boys	3000 m	FINAL		Junior Boys	High Jump
	Junior Girls	3000 m	FINAL		Senior Boys	Triple Jump
	Junior Boys	3000 m	FINAL			
	Novice Girls	3000 m	FINAL			
	Novice Boys	3000 m	FINAL			

2:00 PM	Senior Girls	4 x 100 m Relay	FINAL
	Senior Boys	4 x 100 m Relay	FINAL
	Junior Girls	4 x 100 m Relay	FINAL
	Junior Boys	4 x 100 m Relay	FINAL
	Novice Girls	4 x 100 m Relay	FINAL
	Novice Boys	4 x 100 m Relay	FINAL
2:45 PM	Open Girls	4 x 400 m Relay	FINAL
	Open Boys	4 x 400 m Relay	FINAL
3:00 PM	PRESENTATION OF AWARDS		

Attention ALL Athletes & Coaches:

1. Only coaches and athletes warming up or competing are allowed beyond the white fence; on the track, runways or infield.
2. Check-in for events will be at the START Lines and Field Event locations.
3. Take note of the reversed order of track events for age divisions. This is to allow more rest time for Seniors who may be competing in the 4 x 400 m.

