

# Northern Nova Twilight Meet Final Schedule

June 30, 2025



| Track Events | Gender | Time | # of Heats |  | Field Events      | Gender | Time |
|--------------|--------|------|------------|--|-------------------|--------|------|
| 60m (Tetra)  | U14 F  | 5:00 | 2          |  | Shot Put          | All    | 5:00 |
| 60m (Tetra)  | U14 M  | 5:15 | 2          |  | High Jump         | All    | 5:00 |
| 100m         | Open F | 5:30 | 1          |  | Long Jump (Tetra) | U14    | 5:40 |
| 100m         | Open M | 5:35 | 2          |  | Hammer Throw      | All    | 6:00 |
| 300m         | U16 F  | 5:45 | 1          |  | Shot Put (Tetra)  | U14    | 6:20 |
| 300m         | U16 M  | 5:55 | 1          |  | Long Jump         | All    | 6:30 |
| 400m         | Open F | 6:10 | 1          |  | Javelin           | All    | 7:00 |
| 400m         | Open M | 6:20 | 2          |  |                   |        |      |
| 1200m        | U16 F  | 6:35 | 1          |  |                   |        |      |
| 600m         | U14 F  | 6:50 | 1          |  |                   |        |      |
| 600m         | U14 M  | 7:00 | 1          |  |                   |        |      |
| 1500m        | Open F | 7:10 | 1          |  |                   |        |      |
| 1500m        | Open M | 7:25 | 1          |  |                   |        |      |
| 4x100m relay | All    | 7:45 |            |  |                   |        |      |