

Northern Nova Twilight 3 Meet Final Schedule

August 4, 2025



Track Events	Gender	Time	# of Athletes	# of Heats	Field Events	Gender	Time	# of Athletes
80m Hurdles 30"	U16 F	5:00	5	1	Hammer	All	4:30	12
80m Hurdles 30"	U14 M	5:05	2	1				
100m Hurdles 30" & 33"	Open F	5:20	4	1	High Jump	All	5:00	12
100m Hurdles 33"	U16 M	5:25	2	1	Javelin	All	5:30	10
110m Hurdles 42"	Open M	5:40	1	1	Long Jump (Tetra)	U14 F	6:00	30
60m (Tetra)	U14 F	5:50	30	4	Shot Put (Tetra)	U14 M	6:15	14
60m (Tetra)	U14 M	6:00	15	2	Discus	All	6:15	17
300m	U16 F	6:10	6	1	Long Jump	All	6:30	21
300m	U16 M	6:15	1	1				
400m	Open F	6:25	3	1	Shot Put (Tetra)	U14 F	6:40	30
400m	Open M	6:30	12	2	Long Jump (Tetra)	U14 M	6:40	14
3000m	Open F	6:40	1	1	Shot Put	All	7:30	20
3000m	Open M	7:00	6	1				
100m	Open F	7:15	5	1				
100m	Open M	7:20	7	1				
600m	U14 F	7:30	30	2				
600m	U14 M	7:45	14	1				
Relays	All	7:55		1				