Northern Nova Twilight 3 Meet Schedule

August 15, 2026

Track Events	Gender	Time	# of Heats
80m Hurdles 30"	U14/U16 F	4:00	
80m Hurdles 30"	U14 M	4:05	
100m Hurdles 30"	U18 F	4:15	
100m Hurdles 33"	Open F	4:20	
100m Hurdles 33"	U16 M	4:25	
110m Hurdles	U18 - Open M	4:40	
60m (Tetra)	U14 F	4:50	
60m (Tetra)	U14 M	5:00	
300m	U14/U16 F	5:10	
300m	U14/U16 M	5:15	
400m	U16 - Open F	5:25	
400m	U16 - Open M	5:30	
2000m	U16 M/F	5:40	
3000m	U16 - Open F	5:55	
3000m	U16 - Open M	6:15	
100m	U14 - Open F	6:40	
100m	U14 - Open M	6:50	
600m (Tetra)	U14 F	7:00	
600m (Tetra)	U14 M	7:10	
4x400m Relays	All	7:20	

Field Events	Gender	Time
Hammer	All	4:00
High Jump	All	4:00
Javelin	All	4:45
Long Jump (Tetra)	U14 F	5:00
Shot Put (Tetra)	U14 M	5:15
Discus	All	5:30
Long Jump	All	5:30
Shot Put (Tetra)	U14 F	5:40
Long Jump (Tetra)	U14 M	5:40
Shot Put	All	6:15