

Northern Nova Twilight Meet Draft Schedule

June 20, 2026

Track Events	Gender	Time	# of Heats	Field Events	Gender	Time
60m (Tetra)	U14 F	4:00		Shot Put	All	4:00
60m (Tetra)	U14 M	4:15		High Jump	All	4:00
100m	U16 - Open F	4:30		Long Jump (Tetra)	U14 F	4:40
100m	U16 - Open M	4:40		Shot Put (Tetra)	U14 M	4:40
300m	U14/U16 F	4:55				
300m	U14/U16 M	5:05		Hammer Throw	All	5:00
400m	U16+ F	5:15		Long Jump (Tetra)	All	5:30
400m	U16+ M	5:25		Shot Put (Tetra)	U14 F	5:30
1200m	U14/U16 F	5:40		Long Jump	All	6:00
1200m	U14/U16 M	5:55		Javelin	All	6:00
600m (Tetra)	U14 F	6:15				
600m (Tetra)	U14 M	6:25				
1500m	U16 - Open F	6:35				
1500m	U16 - Open M	6:45				
4x100m relay	All	7:00				



Track and Field

