



# NORTHERN NOVA TWILIGHT MEET 1



*FINAL SCHEDULE - JULY 16, 2026*

| Track Events | Category   | Time | # of Heats |  | Field Events      | Category | Time |
|--------------|------------|------|------------|--|-------------------|----------|------|
| 60m (Tetra)  | U14 F      | 5:00 | 3          |  | Hammer            | All      | 4:00 |
| 60m (Tetra)  | U14 M      | 5:15 | 2          |  | Triple Jump       | All      | 4:00 |
| 200m         | U14-Open F | 5:25 | 1          |  | Javelin           | All      | 5:00 |
| 200m         | U14-Open M | 5:30 | 1          |  | High Jump         | All      | 5:00 |
| 1500m        | U14-Open F | 5:45 | 1          |  | Long Jump (Tetra) | U14 F    | 5:30 |
| 1500m        | U14-Open M | 6:00 | 1          |  | Shot Put (Tetra)  | U14 M    | 5:30 |
| 2000m SC 30" | U18F       | 6:15 | 1          |  | Discus            | All      | 6:00 |
| 3000m SC 30" | U20/Open F | 6:30 | 1          |  | Long Jump (Tetra) | U14 M    | 6:15 |
| 400m         | U14-Open F | 6:45 | 1          |  | Shot Put (Tetra)  | U14 F    | 6:15 |
| 400m         | U14-Open M | 6:50 | 1          |  | Long Jump         | All      | 6:30 |
| 600m (Tetra) | U14 F      | 7:00 | 2          |  | Shot Put          | All      | 7:00 |
| 600m (Tetra) | U14 M      | 7:10 | 1          |  |                   |          |      |