**2016 NSSAF Cape Breton Victoria 1016 District Meet - Draft Schedule Tuesday, 17 May**

Track Events - In track and field events, the athletes should be at the Marshalling area 10 minutes before the start of the race to confirm that they are present and ready to compete. The races are run in sequence and we will try to keep to the schedule. Marshalling for Track events is at the start of the 100 M. The Finish Line is always at the same location – past the end of the seating area. Coaches Meeting 9 AM.

|  |  |  |
| --- | --- | --- |
| Time | Event | Category |
| 9:30 am | 400 M | Junior Girls |
|  | 400 M | Junior Boys |
| Time | Event | Category |
| 1030 | 100 M | Junior Girls |
|  | 100 M | Junior Boys |
| Time | Event | Category |
| 11:30 | 800 M | Junior Girls |
|  | 800 M | Junior Boys |
| Time | Event | Category |
| 12:00 | 4 x 100 M Relay | Junior Girls |
| Demonstration Event Only | 4 x 100 M Relay | Junior Boys |
| Time | Event | Category |
| 1:30 pm | 1500 M | Junior Girls |
|  | 1500 M | Junior Boys |
|  |  |  |
| Time | Event | Category |
| 2:30 pm | 200 M | Junior Boys |
|  | 200 M | Junior Girls |

**Field Events – Jumping and Throwing**

Athletes must register for their jumping and throwing events at the event location 10 minutes prior to the event.

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| --- | --- | --- | --- | --- | --- | --- |
| Event Time | Javelin | Discus | Shot Put | High Jump | Long Jump | Triple Jump |
| 9:30 am |  |  | Junior Girls | Junior Girls | Junior Boys |  |
| 10:30 am |  |  | Junior Boys |  |  |  |
| 11:30 am |  |  |  | Junior Boys | Junior Girls |  |
| 12:30 pm | Junior Girls | Junior Boys |  |  |  |  |
| 1:30 pm |  |  |  |  |  |  |
| 2:30 pm | Junior Boys | Junior Girls |  |  |  |  |
| 3:30 pm |  |  |  |  |  |  |