**2016 NSSAF Cape Breton Victoria 1016 District Meet Schedule Tuesday, 20 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 | Intermediate Girls |
|  | 400 M | Intermediate Boys |
|  | 400 M | Senior Girls |
|  | 400 M | Senior Boys |
| Time | Event | Category |
| 1030 | 100 M | Intermediate Girls |
|  | 100 M | Intermediate Boys |
|  | 100 M | Senior Girls |
|  | 100 M | Senior Boys |
| Time | Event | Category |
| 11:30 | 800 M | Intermediate Girls |
|  | 800 M | Intermediate Boys |
|  | 800 M | Senior Girls |
|  | 800 M | Senior Boys |
| Time | Event | Category |
| 12:30 | Break for Officials |  |
|  |  |  |
| Time | Event | Category |
| 1:00 pm | 1500 M | Intermediate Girls |
|  | 1500 M | Intermediate Boys |
|  | 1500 M | Senior Girls |
|  | 1500 M | Senior Boys |
|  |  |  |
| Time | Event | Category |
| 2:00 pm | 200 M | Intermediate Girls |
|  | 200 M | Intermediate Boys |
|  | 200 M | Senior Girls |
|  | 200 M | Senior Boys |

**Field Events – Jumping and Throwing**

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Event Time | Javelin | Discus | Shot Put | High Jump | Long Jump | Triple Jump |
| 9:30 am |  |  | Intermediate Girls | Intermediate Girls | Intermediate Boys |  |
| 10:30 am |  | Senior Boys | IntermediateBoys |  |  |  |
| 11:30 am | Senior Girls | Intermediate Girls |  | Intermediate Boys | Intermediate Girls |  |
| 1:00pm | IntermediateGirls | Intermediate Boys | Senior Girls |  |  |  |
| 2:00pm | Intermediate Boys |  | Senior Boys | Senior Boys | Senior Girls |  |
| 3:00 pm | Senior Boys | Senior Girls |  | Senior Girls | Senior Boys |  |
|  |  |  |  |  |  |  |