

**NORTHWESTERN ONTARIO SECONDARY SCHOOLS ATHLETIC ASSOCIATION - TRACK & FIELD SCHEDULE**

**DAY 1**

12:00 PM HURDLES (80M, 100M, 110M)	
12:30 PM OPEN GIRLS 2000M SC FINAL	
12:45 PM OPEN BOYS 2000M SC FINAL	
1:00 PM NOVICE GIRLS 400M HEATS	1:00 PM NOVICE GIRLS Javelin
NOVICE BOYS 400M HEATS	JUNIOR GIRLS Discus
JUNIOR GIRLS 400M HEATS	SENIOR GIRLS Long Jump
JUNIOR BOYS 400M HEATS	NOVICE BOYS High Jump
SENIOR GIRLS 400M HEATS	JUNIOR BOYS Triple Jump
SENIOR BOYS 400M HEATS	SENIOR BOYS Shot Put
2:00 PM NOVICE GIRLS 100M HEATS	
NOVICE BOYS 100M HEATS	
JUNIOR GIRLS 100M HEATS	
JUNIOR BOYS 100M HEATS	2:30 PM NOVICE GIRLS High Jump
SENIOR GIRLS 100M HEATS	JUNIOR GIRLS Long Jump
SENIOR BOYS 100M HEATS	SENIOR GIRLS Shot Put
3:00 PM NOVICE GIRLS 1500M FINAL	NOVICE BOYS Javelin
NOVICE BOYS 1500M FINAL	JUNIOR BOYS Discus
JUNIOR GIRLS 1500M FINAL	SENIOR BOYS Triple Jump
JUNIOR BOYS 1500M FINAL	
SENIOR GIRLS 1500M FINAL	
SENIOR BOYS 1500M FINAL	
4:00 PM NOVICE GIRLS 400M FINAL	4:00 PM NOVICE GIRLS Shot Put
NOVICE BOYS 400M FINAL	JUNIOR GIRLS Javelin
JUNIOR GIRLS 400M FINAL	SENIOR GIRLS High Jump
JUNIOR BOYS 400M FINAL	NOVICE BOYS Triple Jump
SENIOR GIRLS 400M FINAL	JUNIOR BOYS Long Jump
SENIOR BOYS 400M FINAL	SENIOR BOYS Discus
5:00 PM NOVICE GIRLS 100M FINAL	
NOVICE BOYS 100M FINAL	
JUNIOR GIRLS 100M FINAL	
JUNIOR BOYS 100M FINAL	
SENIOR GIRLS 100M FINAL	
SENIOR BOYS 100M FINAL	

**DAY 2**

9:00 AM HURDLES (300M, 400M)	9:00 AM NOVICE GIRLS Long Jump
9:30 AM NOVICE GIRLS 200M HEATS	JUNIOR GIRLS Triple Jump
NOVICE BOYS 200M HEATS	SENIOR GIRLS Javelin
JUNIOR GIRLS 200M HEATS	NOVICE BOYS Discus
JUNIOR BOYS 200M HEATS	JUNIOR BOYS Shot Put
SENIOR GIRLS 200M HEATS	SENIOR BOYS High Jump
SENIOR BOYS 200M HEATS	
10:30 AM NOVICE GIRLS 800M FINAL	10:30 AM 10:30PM NOVICE GIRLS Discus
NOVICE BOYS 800M FINAL	JUNIOR GIRLS Shot Put
SENIOR GIRLS 800M FINAL	SENIOR GIRLS Triple Jump
SENIOR BOYS 800M FINAL	NOVICE BOYS Long Jump
JUNIOR GIRLS 800M FINAL	JUNIOR BOYS High Jump
JUNIOR BOYS 800M FINAL	SENIOR BOYS Javelin
11:00 AM SPECIAL ABILITIES 100M RACE	
11:15 AM SPECIAL ABILITIES 50M RACE	
<b>TRACK BREAK</b>	
12:00 PM NOVICE GIRLS 200M FINAL	12:00 PM SPECIAL Abilities Baseball Throw
NOVICE BOYS 200M FINAL	SPECIAL Abilities Long Jump
JUNIOR GIRLS 200M FINAL	
JUNIOR BOYS 200M FINAL	
SENIOR GIRLS 200M FINAL	
SENIOR BOYS 200M FINAL	
12:20 PM SPECIAL ABILITIES 400M RACE	
12:30 PM NOVICE GIRLS 3000M FINAL	12:30 PM NOVICE GIRLS Triple Jump
NOVICE BOYS 3000M FINAL	JUNIOR GIRLS High Jump
JUNIOR GIRLS 3000M FINAL	SENIOR GIRLS Discus
JUNIOR BOYS 3000M FINAL	NOVICE BOYS Shot Put
SENIOR GIRLS 3000M FINAL	JUNIOR BOYS Javelin
SENIOR BOYS 3000M FINAL	SENIOR BOYS Long Jump
2:00 PM NOVICE GIRLS 400M Relay FINAL	
NOVICE BOYS 400M Relay FINAL	
JUNIOR GIRLS 400M Relay FINAL	
JUNIOR BOYS 400M Relay FINAL	
SENIOR GIRLS 400M Relay FINAL	
SENIOR BOYS 400M Relay FINAL	
2:45 PM OPEN GIRLS 1600M Relay FINAL	
OPEN BOYS 1600M Relay FINAL	

**\*\*ALL TIMES ARE APPROXIMATE. THE MEET SCHEDULE MAY RUN AHEAD OF SCHEDULE OR MAY BE ALTERED BY THE CONVENORS AS RESULT OF WEATHER OR OTHER FACTORS\*\***