



2024 NWOSSAA TRACK & FIELD

MEET SCHEDULE

DAY 2 - TUESDAY, MAY 29, 2024

TRACK				FIELD			
TIME	EVENT			TIME	EVENT		
9:30 AM	Senior Girls	200 m	HEATS	9:00 AM	Novice Girls	Javelin	
	Senior Boys	200 m	HEATS		Junior Girls	Shot Put	
	Junior Girls	200 m	HEATS		Senior Girls	Discus	
	Junior Boys	200 m	HEATS		Novice Boys	Triple Jump	
	Novice Girls	200 m	HEATS		Junior Boys	Long Jump	
	Novice Boys	200 m	HEATS		Senior Boys	High Jump	
10:30 AM	Senior Girls	800 m	FINAL	10:30 AM	Novice Girls	High Jump	
	Senior Boys	800 m	FINAL		Junior Girls	Triple Jump	
	Junior Girls	800 m	FINAL		Senior Girls	Long Jump	
	Junior Boys	800 m	FINAL		Novice Boys	Discus	
	Novice Girls	800 m	FINAL		Junior Boys	Shot Put	
	Novice Boys	800 m	FINAL		Senior Boys	Javelin	
11:00 AM	Special O	100 m	RACE				
11:15 AM	Special O	50 m	RACE				
TRACK BREAK							
12:00 PM	Senior Girls	200 m	FINAL	12:00 PM	Special O	Baseball Throw	
	Senior Boys	200 m	FINAL		Special O	Long Jump	
	Junior Girls	200 m	FINAL				
	Junior Boys	200 m	FINAL				
	Novice Girls	200 m	FINAL				
	Novice Boys	200 m	FINAL				
12:20 PM	Special O	400 m	RACE				
12:30 PM	Senior Girls	3000 m	FINAL	12:30 PM	Novice Girls	Discus	
	Senior Boys	3000 m	FINAL		Junior Girls	Javelin	
	Junior Girls	3000 m	FINAL		Senior Girls	Shot Put	
	Junior Boys	3000 m	FINAL		Novice Boys	Long Jump	
	Novice Girls	3000 m	FINAL		Junior Boys	High Jump	
	Novice Boys	3000 m	FINAL		Senior Boys	Triple Jump	
2:00 PM	Senior Girls	4 x 100 m Relay	FINAL	Attention ALL Athletes & Coaches: 1. Only coaches and athletes warming up or competing are allowed beyond the white fence; on the track, runways or infield. 2. Check-in for events will be at the START Lines and Field Event locations. 3. Take note of the reversed order of track events for age divisions. This is to allow more rest time for Seniors who may be competing in the 4 x 400 m.			
	Senior Boys	4 x 100 m Relay	FINAL				
	Junior Girls	4 x 100 m Relay	FINAL				
	Junior Boys	4 x 100 m Relay	FINAL				
	Novice Girls	4 x 100 m Relay	FINAL				
	Novice Boys	4 x 100 m Relay	FINAL				
2:45 PM	Open Girls	4 x 400 m Relay	FINAL				
	Open Boys	4 x 400 m Relay	FINAL				
3:00 PM	PRESENTATION OF AWARDS						