

N.E.C.I.S. TRACK AND FIELD MEET - PROGRAMME OF EVENTS.								
DAY 1. May 19								
<u>APPROXIMATE</u>		<u>AGE</u>				<u>AGE</u>		
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>		<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
09.00 - 10.00	Hurdles - Heats / Finals	U14	G		09.00 - 10.30	Long Jump	U12	B
		U14	B			High Jump	16+	G
	(to be run as finals if	U16	G			Ball Throw	U12	G
	8 or less athletes	16+	G			Discus	16+	B
	entered)	U16	B					
		16+	B					
10.00 - 11.30	100m Heats	16+	B		10.30 - 12.00	Shot Put	U16	G
		16+	G			Long Jump	U12	G
		U16	B			High Jump	16+	B
		U16	G					
		U14	B					
		U14	G					
		U12	B					
		U12	G					
10.00 - 11.30	Mini Hurdles	U12	B					
	(no 100m competitors)	U12	G					

<u>APPROXIMATE</u>		<u>AGE</u>				<u>AGE</u>		
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>		<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
11.30 - 12.30	1500m Finals	16+	B		12.00 - 13.30	Shot Put	U14	G
		16+	G			Long Jump	U14	B
		U16	B			High Jump	U16	B
		U16	G					
		U14	B					
		U14	G					
		U12	B					
		U12	G					
12.30 - 14.30	200m Heats	16+	B		13.30 - 15.00	Shot Put	U14	B
		16+	G			Long Jump	U14	G
		U16	B			High Jump	U16	G
		U16	G			Discus	16+	G
		U14	B			Discus	U16	B
		U14	G					
		U12	B					
		U12	G					
14.30 - 16.30	400m Heats	16+	B		15.00 - 16.00	Triple Jump	U16	B
	(to be run as a straight	16+	G		15.00 - 16.00	Triple Jump	16+	G
	final at this time on Day 1	U16	B		15.00 - 16.30	Ball Throw	U12	B
	if there are six or fewer	U16	G		15.00 - 16.30	High Jump	U14	G
	athletes entered in a	U14	B					
	section)	U14	G		16.00 - 17.00	Triple Jump	16+	B
		U12	B		16.00 - 17.00	Triple Jump	U16	G
		U12	G					

DAY 2. May 20								
<u>APPROXIMATE</u>		<u>AGE</u>				<u>AGE</u>		
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>		<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
08.00 - 09.00	Hurdles Finals (if necessary)	U14	G					
		U14	B					
		U16	G					
		16+	G					
		U16	B					
		16+	B					
09.00 - 09.45	100m Semi-Finals	U12	G		09.00 - 10.30	Shot Put	U16	B
		U12	B			Long Jump	U16	G
		U14	G			High Jump	U12	G
		U14	B			Turbo Jav	U12	B
		U16	G			Discus	U14	G
		U16	B					
		16+	G					
		16+	B					
09.45 - 10.45	3000m Finals	U14	G		10.30 - 12.00	Shot Put	16+	B
		U14	B			Long Jump	U16	B
		U16	G			High Jump	U12	B
		U16	B			Standing Long Jump	U12	G
		16+	G			Discus	U14	B
		16+	B					

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<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>		<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
10.45 - 11.45	200m Semi-Finals	U12	G		12.00 - 13.30	Shot Put	16+	G
		U12	B			Long Jump	16+	B
		U14	G			High Jump	U14	B
		U14	B			Turbo Jav	U12	G
		U16	G			Discus	U16	G
		U16	B			Standing Long Jump	U12	B
		16+	G					
		16+	B					
11.45 - 12.30	400m Finals	U12	G					
		U12	B					
		U14	G					
		U14	B					
		U16	G					
		U16	B					
		16+	G					
		16+	B					
12.30 - 13.00	100m Finals	U12	G					
		U12	B					
		U14	G					
		U14	B					
		U16	G					
		U16	B					
		16+	G					
		16+	B					

<u>APPROXIMATE</u>		<u>AGE</u>				<u>AGE</u>		
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>		<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
13.00 - 14.00	800m Finals	U12	G		13.30 - 15.00	Long Jump	16+	G
		U12	B					
		U14	G					
		U14	B					
		U16	G					
		U16	B					
		16+	G					
		16+	B					
14.00- 14.45	200m Finals	U12	G					
		U12	B					
		U14	G					
		U14	B					
		U16	G					
		U16	B					
		16+	G					
		16+	B					
15.00 - 16.00	4 x 400m Relay Finals	U12	G					
		U12	B					
		U14	G					
		U14	B					
		U16	G					
		U16	B					
		16+	G					
		16+	B					