

# EOSSAA TRACK AND FIELD SCHEDULE 2024

## THURSDAY FIELD EVENTS (DAY 1)

GIRLS				BOYS		
TIME	Novice	Junior	Senior	Novice	Junior	Senior
<b>2:30pm</b>		Pole Vault				
	Para Shot Put			Para Shot Put (to follow girls competition)		
<b>3:45pm</b>			Pole Vault			
<b>4:00pm</b>	Discus	Javelin	Shot Put	TJ	HJ	LJ

## THURSDAY TRACK EVENTS (DAY 1)

2:15 pm Track Referee's Meeting (ALL Track Umpires must be present before any events begin).

\*The host league provides Track Umpires for the Day 1 Events.

2:30 pm		200m Heats	NG	NB	JG	JB	SG	SB	WCG	WCB
3:45 pm		Novice Girls	300m Hurdles 30"				(TIMED SECTIONS)			
3:55 pm		Junior Girls	300m Hurdles 30"				(TIMED SECTIONS)			
4:05 pm		Senior Girls	400m Hurdles 30"				(TIMED SECTIONS)			
4:20 pm		Novice Boys	300m Hurdles 33"				(TIMED SECTIONS)			
4:30 pm		Junior Boys	300m Hurdles 33"				(TIMED SECTIONS)			
4:45 pm		Senior Boys	400m Hurdles 36"				(TIMED SECTIONS)			
4:55 pm		Novice Girls	1500m				(TIMED SECTIONS)			
5:10 pm		Novice Boys	1500m				(TIMED SECTIONS)			
5:25 pm		Junior Girls	1500m				(TIMED SECTIONS)			
5:40 pm		Junior Boys	1500m				(TIMED SECTIONS)			
5:55 pm		Senior Girls	1500m				(TIMED SECTIONS)			
6:10 pm		Senior Boys	1500m				(TIMED SECTIONS)			
6:25 pm		200m Finals	NG	NB	JG	JB	SG	SB	WCG	WCB

# EOSSAA TRACK AND FIELD SCHEDULE 2024 (DAY 2)

## FRIDAY TRACK EVENTS

9:00 am		Track Referee's Meeting (ALL Track Umpires must be present before any events begin.)							
9:10 am		Opening Ceremony (Anthem & Land Acknowledgement)							
9:15 am		2000m Steeplechase (FINAL)		OB					
9:30 am		2000m Steeplechase (FINAL)		OG					
9:45 am		100m Heats	AG	AB	VIG	VIB	IDG	IDB	
		100m Heats	NG	JG	SG	NB	JB	SB	
10:40 am		Sprint Hurdles Heats							
		Novice Girls 80m 30"	Junior Girls 80m 30"				Senior Girls 100m 30"		
		Novice Boys 100m 33"	Junior Boys 100m 36"				Senior Boys 110m 36"		
11:30 am		3000m (FINAL)	NG	NB					
12:00 pm		400m (TIMED SECTIONS)	NG	NB	JG	JB	SG	SB	WCG WCB
1:15 pm		100m (FINALS)	AG	AB	VIG	VIB	IDG	IDB	
		100m (FINALS)	NG	JG	SG	NB	JB	SB	
1:45 pm		3000m (FINAL)	JG	JB					
2:15 pm		Sprint Hurdles (FINALS)	NG	JG	SG	NB	JB	SB	
2:45 pm		800m (TIMED SECTIONS)	NG	NB	JG	JB	SG	SB	
			AG	AB	VIG	VIB			
4:00 pm		3000 (FINALS)	SG	SB					
4:30 pm		4 x 100m (TIMED SECTIONS)							
		NOTE ORDER	SG	SB	JG	JB	NG	NB	
5:20 pm		4 x 400m Relay (TIMED SECTIONS)		OG	OB				
5:35 pm		Presentation of Team Awards							

## EOSSAA TRACK AND FIELD 2023 (DAY 2)

### FRIDAY FIELD EVENTS

	GIRLS			BOYS		
Time	Novice	Junior	Senior	Novice	Junior	Senior
9:30 am	LJ	TJ	HJ	Shot/PV	Discus	Javelin
11:00 am	Shot/PV	Discus	Javelin	LJ	TJ	HJ - 10:30
12:30 pm	HJ	LJ	TJ	Javelin	Shot Put	Discus/PV
2:00 pm	Javelin	Shot Put	Discus	HJ - 1:30	LJ	TJ
3:30 pm	TJ	HJ	LJ	Discus	Javelin/PV	Shot Put
LJ = Long Jump			HJ = High Jump			
TJ = Triple Jump			PV = Pole Vault			
	Increments for raising the crossbar will be 5cm for all jumps and 15cm					
	for all pole vaults. In each case, when 6 or fewer competitors remain in the					
	competition, the increments will be determined by the head official after					
	consulting the athletes involved. The "5 alive" rule will be in effect.					
	Competitors should remain at the pits until clearing each height they					
	choose to attempt. Also if there is a potential tie for a qualifying position.					
	In the throwing events and horizontal jumps (long and triple jumps),					
	the top 8 competitors and ties after three rounds of competition will					
	be allowed 3 additional trials.					

<b>NG</b>	<b>Novice Girls</b>			<b>NB</b>	<b>Novice Boys</b>			
<b>JG</b>	<b>Junior Girls</b>			<b>JB</b>	<b>Junior Boys</b>			
<b>SG</b>	<b>Senior Girls</b>			<b>SB</b>	<b>Senior Boys</b>			
<b>OG</b>	<b>Open Girls</b>			<b>OB</b>	<b>Open Boys</b>			
<b>AG</b>	<b>Ambulatory Girls</b>			<b>AM</b>	<b>Ambulatory Boys</b>			
<b>IDG</b>	<b>Intellectually Disabled Girls</b>			<b>IDG</b>	<b>Intellectually Disabled Boys</b>			
<b>WCG</b>	<b>Wheelchair Girls</b>			<b>WCB</b>	<b>Wheelchair Boys</b>			
<b>VIG</b>	<b>Visually Impaired Girls</b>			<b>VIB</b>	<b>Visually Impaired Boys</b>			