

# NCSSAA TRACK AND FIELD SCHEDULE 2022

## DAY 1: Thursday, May 19, 2022

1:30	Triple J.	Shot	Long J.	Javelin	High J.	Discus
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### TRACK EVENTS

TIME	EVENT	RACE	ORDER
9:00	2000m Steeplechase	Timed Finals	OG
9:20	2000m Steeplechase	Timed Finals	OB
9:40	Distance Hurdles	Timed Finals	NG, JG, SG, NB, JB, SB
10:40	3000m	Finals	NG, NB
11:10	200m	Heats	NG, NB, JG, JB, SG, SB
12:05	3000m	Finals	JG, JB
12:35	800m	Timed Finals	NG, NB, JG, JB, SG, SB, BG, BM, AG, AB, IDG, IDB
1:20	200m	Finals	NG, NB, JG, JB, SG, SB, WG, WB
1:50	3000m	Finals	SG, SB
2:20	4 x 100m Relay	Timed Finals	NG, NB, JG, JB, SG, SB

### FIELD EVENTS

Time	LADIES			MEN		
	Novice	Junior	Senior	Novice	Junior	Senior
9:00	Javelin	High J.	Discus	Triple J.	Shot	Long J.
10:30	Long J.	Javelin	High J.	Discus	Triple J.	Shot
12:00	Discus.	Triple J.	Shot	Long J.	Javelin	High J

## DAY 2: Friday, May 20, 2022

### TRACK EVENTS

TIME	EVENT	RACE	ORDER
9:00	Sprint Hurdles	Heats	NG, JG, SG, NB, JB, SB
9:45	400	Timed Finals	NG, NB, JG, JB, SG, SB
10:30	1500m	Finals	SG, SB
10:50	100 Heats	Heats	NG, NB, JG, JB, SG, SB, BG, BB, AG, AB, IDG, IDB, <b>Perseverance</b>
11:45	1500m	Finals	JG, JB
12:15	Sprint Hurdles	Finals	SB, JB, NB, SG, JG, NG
12:45	1500m	Finals	NG, NB
1:15	100m	Finals	SB, SG, JB, JG, NB, NG, IDB, IDG
2:00	4 x 400m Relay	Timed Finals	OB, OG

### FIELD EVENTS

Time	LADIES			MEN		
	Novice	Junior	Senior	Novice	Junior	Senior
9:00	Shot	Long J.	Javelin	High J.	Discus	Triple J.
10:30	High J.	Discus	Triple J	Shot	Long J.	Javelin

## NCSSAA TRACK AND FIELD SCHEDULE 2022

11:00	POLE VAULT (MEN FOLLOWED BY LADIES)
12:00	PARA SHOT PUT (LADIES FOLLOWED BY MEN)

**Reminder to all Athletes and Coaches:**

**Events may run up to 30 minutes ahead of schedule.**