

N.O.C. DISTRICT TRACK AND FIELD SCHEDULE 16 - 17

	TIME	TRACK EVENT	F	TIME	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT
T R	9:00	1500 M.	I	9:15	Midget Boys Midget Girls	Bantam Boys Bantam Girls	Atom Boys Atom Girls	
A	10:15	100 M. Heats Girls	E					
C	10:45	100 M. Heats Boys	L	10:15	Atom Boys Atom Girls	Peewee Boys Peewee Girls	Bantam Boys Bantam Girls	Midget Boys
K	11:15	400 M Timed Finals Girls	D	10:45				Midget Girls
	11:45	400 M. Timed Finals Boys		11:15	Bantam Boys Bantam Girls	Midget Boys Midget Girls	Peewee Boys Peewee Girls	
T	12:15	200 M. Timed Finals Girls	T					
I	12:45	200 M. Timed Finals Boys	I	12:15	Peewee Boys Peewee Girls	Atom Boys Atom Girls	Midget Boys Midget Girls	Bantam Boys
M	1:15	800 M. Finals Girls	M	12:45				Bantam Girls
E	1:45	800 M. Finals Boys	E					
S	2:15	100 M. Finals Girls	S					
	2:45	100 M. Finals Boys						
	3:15	100 M. Relays						
	3:45	400 M. Relays						

All 100, 200, 400, 800 and 1,500 M. will be run in the following order

1. Atom 2. Peewee 3. Bantam 4. Midget

Girls will run first, boys second

Relay Order 1. All Girls ...Atom to Midget

2. All Boys .. Atom to Midget

All 1,500 M. will be run as separate races (8 of)

All 200, 400 M. will be timed races There are no heats (8 of)

All 800 M. races will use a box start (8 of)

In all 100 M races it will be the fastest 8 times that will advance from the heats

When runners are called for races they will be done so in 2's (eg. Atoms & Peewees)

not as a large group (eg. All girls) to help reduce athletes leaving other events too early

In both Long and Triple in all age categories the runway will be divided in half and all 4 pits used ...we will create an area off the side of the runway for those waiting to jump rather than lining up on the runway...