

N.E.C.I.S. TRACK AND FIELD MEET - PROGRAMME OF EVENTS.**DAY 1. Thursday 28 May 2009**

<u>APPROXIMATE</u>		<u>AGE</u>	
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
09.00 - 10.00	Hurdles - Heats / Finals (to be run as finals if 8 or less athletes entered)	U14	G
		U14	B
		U16	G
		16+	G
		U16	B
		16+	B
10.00 - 11.30	100m Heats	16+	B
		16+	G
		U16	B
		U16	G
		U14	B
		U14	G
		U12	B
		U12	G
10.00 - 11.30	Mini Hurdles (no 100m competitors)	U12	B
		U12	G
<u>APPROXIMATE</u>		<u>AGE</u>	
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
11.30 - 12.30	1500m Finals	16+	B
		16+	G
		U16	B
		U16	G
		U14	B
		U14	G
		U12	B
		U12	G
12.30 - 14.30	200m Heats	16+	B
		16+	G
		U16	B

		<u>AGE</u>	
<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
09.00 - 10.30	Long Jump	U12	B
	High Jump	16+	B
10.30 - 12.00	Shot Put	U16	G
	Long Jump	U12	G
	High Jump	16+	G
	Discus	16+	B
12.00 - 13.30	Shot Put	U14	G
	Long Jump	U14	B
	High Jump	U16	B
	Discus	16+	G
13.30 - 15.00	Shot Put	U14	B
	Long Jump	U14	G
	High Jump	U16	G

		U16	G
		U14	B
		U14	G
		U12	B
		U12	G
14.30 - 16.30	400m Heats	16+	B
		16+	G
		U16	B
		U16	G
		U14	B
		U14	G
		U12	B
		U12	G
16.30 - 17:30	4 x 100m Relay Finals	16+	B
		16+	G
		U16	B
		U16	G
		U14	B
		U14	G
		U12	B
		U12	G

	Ball Throw	U12	G
	<i>Turbo Javelin</i>	<i>U12</i>	<i>G</i>
	Discus	U16	B
15.00 - 16.00	Triple Jump	U16	B
15.00 - 16.00	Triple Jump	16+	G
15.00 - 16.30	<i>Turbo Javelin</i>	<i>U12</i>	<i>B</i>
15.00 - 16.30	Ball Throw	U12	B
16.00 - 17.00	Triple Jump	16+	B
16.00 - 17.00	Triple Jump	U16	G

DAY 2. Friday 29 May 2009

<u>APPROXIMATE</u> <u>TIME</u>	<u>TRACK EVENT</u>	<u>AGE</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
		U12	B
		U14	G
		U14	B
		U16	G
		U16	B
		16+	G
		16+	B
09.45 - 10.45	3000m Finals	U14	G
		U14	B
		U16	G
		U16	B
		16+	G
		16+	B

<u>TIME</u>	<u>FIELD EVENT</u>	<u>AGE</u> <u>LEVEL</u>	<u>SEX</u>
09.00 - 10.30	Shot Put	U16	B
	Long Jump	U16	G
	High Jump	U12	G
	Discus	U14	G
	10.30 - 12.00	Shot Put	16+
Long Jump		U16	B
High Jump		U12	B
Discus		U14	B

<u>APPROXIMATE</u>		<u>AGE</u>	
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
10.45 - 11.45	200m Semi-Finals	U12	G
		U12	B
		U14	G
		U14	B
		U16	G
		U16	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>AGE</u>	
<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
12.00 - 13.30	Shot Put	16+	G
	Long Jump	16+	B
	High Jump	U14	B
	Discus	U16	G

<u>APPROXIMATE</u>		<u>AGE</u>	
<u>TIME</u>	<u>TRACK EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
13.00 - 14.00	800m Finals	U12	G
		U12	B
		U14	G
		U14	B
		U16	G

		<u>AGE</u>	
<u>TIME</u>	<u>FIELD EVENT</u>	<u>LEVEL</u>	<u>SEX</u>
13.30 - 15.00	Long Jump	16+	G
	High Jump	U14	G

