

## NECIS Track&Field 2023 - Program of events

### DAY #2

Time	Track Event	Group/Gender	Comment	Time	Field Event	Group/Gender	Comment
08:30	WARM UP						
09:30	80m Hurdle	U14G	Finals if they are needed.	09:00	Shot Put	U16B	Use discus circle near 1500m start Use discus circle near 100m start
	80m Hurdle	U14B		Long Jump	U16G		
	80m Hurdle	U16G		High Jump	12G		
	80m Hurdle	16+G		Discus (800g)	U12B		
	100m Hurdle	U16B		Discus	U14G		
	100m Hurdle	16+B					
10:00	100m	U12G	Semi-Final				
	100m	U12B	Semi-Final				
	100m	U14G	Semi-Final				
	100m	U14B	Semi-Final				
	100m	U16G	Semi-Final				
	100m	U16B	Semi-Final				
	100m	16+G	Semi-Final				
	100m	16+B	Semi-Final				
10:45	3000m	U14G	Final				
	3000m	U14B	Final				
	3000m	U16G & 16+G	Final				
	3000m	U16B & 16+B	Final				
11:45	200m	U12G	Semi-Final				
	200m	U12B	Semi-Final				
	200m	U14G	Semi-Final				
	200m	U14B	Semi-Final				
	200m	U16G	Semi-Final				
	200m	U16B	Semi-Final				
	200m	16+G	Semi-Final				
	200m	16+B	Semi-Final				
12:15	Lunch Break for the track officials						
12:45	100m	U12G	Finals				
	100m	U12B	Finals				
	100m	U14G	Finals				
	100m	U14B	Finals				
	100m	U16G	Finals				
	100m	U16B	Finals				
	100m	16+G	Finals				
	100m	16+B	Finals				
13:15	800m	U12G	Finals				
	800m	U12B	Finals				
	800m	U14G	Finals				
	800m	U14B	Finals				
	800m	U16G & 16+G	Finals				
	800m	U16B & 16+B	Finals				
14:00	200m	U12G	Finals				
	200m	U12B	Finals				
	200m	U14G	Finals				
	200m	U14B	Finals				
	200m	U16G	Finals				
	200m	U16B	Finals				
	200m	16+G	Finals				
	200m	16+B	Finals				
15:00	4x400m Relay	U12G	Finals				
	4x400m Relay	U12B	Finals				
	4x400m Relay	U14G	Finals				
	4x400m Relay	U14B	Finals				
	4x400m Relay	U16G & 16+G	Finals				
	4x400m Relay	U16B & 16+B	Finals				
16:00	End of day 2 schedule						