

NECIS Track&Field 2023 - Program of events

DAY #1

Time	Track Event	Group/Gender	Comment	Time	Field Event	Group/Gender	Comment
08:30	WARM UPS						
09:00	Mini Hurdle	U12G	hand timed on back stretch	09:00	Long Jump	U12B	
09:30	Mini Hurdle	U12B	hand timed on back stretch		Shot Put	U12G	2kg (new event in 2023)
09:30	80m Hurdle	U14G	Heats... but will be run now as a final if 8 or less entries		Discus	U16B & 16+B	Use discus circle near 100m start
	80m Hurdle	U14B					
	80m Hurdle	U16G					
	80m Hurdle	16+G					
	100m Hurdle	U16B					
	100m Hurdle	16+B					
10:30	100m	16+B	heats	10:30	Shot Put	U16G	
	100m	16+G	heats		Long Jump	U12G	
	100m	U16B	heats		High Jump	U16B & 16+B	
	100m	U16G	heats				
	100m	U14B	heats				
	100m	U14G	heats				
	100m	U12B	heats				
	100m	U12G	heats				
12:00	1500m	U16B & 16+B	Finals, run together	12:00	Shot Put	U14G	
	1500m	U16G & 16+G	Finals, run together		Long Jump	U14B	
	1500m	U14B	Finals				
	1500m	U14G	Finals				
	1500m	U12B	Finals				
	1500m	U12G	Finals				
13:00	Lunch Break for the track officials						
13:30	200m	16+B	Heats	13:30	Shot Put	U14B	
	200m	16+G	Heats		Long Jump	U14G	
	200m	U16B	Heats		High Jump	U16G & 16+G	
	200m	U16G	Heats		Discus	16+G	Use discus circle near 100m start
	200m	U14B	Heats				
	200m	U14G	Heats				
	200m	U12B	Heats				
	200m	U12G	Heats				
15:00	400m	16+B	Timed Finals	15:00	Triple Jump	U16B & 16+B	Jump together
	400m	16+G	Timed Finals		Shot Put	U12B	2kg (new event in 2023)
	400m	U16B	Timed Finals		High Jump	U14G	
	400m	U16G	Timed Finals				
	400m	U14B	Timed Finals				
	400m	U14G	Timed Finals				
	400m	U12B	Timed Finals				
	400m	U12G	Timed Finals				
17:00	4x100m	U16B & 16+B	Finals, run together	16:00	Triple Jump	U16G & 16+G	Jump together
	4x100m	U16G & 16+G	Finals, run together				
	4x100m	U14B	Finals				
	4x100m	U14G	Finals				
	4x100m	U12B	Finals				
	4x100m	U12G	Finals				
18:00	End of day 1 schedule						