

## NECIS Track&Field 2022 - Program of events

### DAY #1

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