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|  | **North Coast PSSA Athletics Program** |  |

Track Program

Note: Order of events may be altered by the Carnival Manager should the need arise. Times are approximations only. Competitors are advised to be in attendance well before program time. Friday 6 September 2024

| Time | Gender | Event | Distance | Type |
| --- | --- | --- | --- | --- |
| 9:00am | Boys | Senior/Junior/11 years | 1500m | Finals |
| 9:00am | Girls | Senior/Junior/11 years | 1500m | Finals |
| 9:30am | Boys/Girls | Junior/PP5/PP6/Senior | 4 x 100m Relay | Heats |
| 10:00am | Boys | Senior/Junior/11 years | 200m | Heats |
| 10:00am | Boys | Junior Multi Class/Senior Multi Class | 200m | Timed Finals |
| 10:30am | Girls | Senior/Junior/11 years | 200m | Heats |
| 10:30am | Girls | Junior Multi Class/Senior Multi Class | 200m | Timed Finals |
| 11:05am | Boys | 8/9/10/11/12/13 years | 100m | Heats |
| 11:05am | Boys | Junior Multi Class/Senior Multi Class | 100m | Timed Finals |
| 11:10am | Girls | 8/9/10/11/12/13 years | 100m | Heats |
| 11:10am | Girls | Junior Multi Class/Senior Multi Class | 100m | Timed Finals |
| 11:35am | Boys | Senior/Junior/11 years | 800m | Finals |
| 11:35am | Boys | Senior/Junior Multi Class | 800m | Finals |
| 11:35am | Girls | Senior/Junior/11 years | 800m | Finals |
| 11:35am | Girls | Senior/Junior Multi Class | 800m | Finals |
| 12:00pm | Boys/Girls | Junior/PP5/PP6/Senior | 4 x 100m Relay | Finals |
| 1:10pm | Boys | Senior/Junior/11 years | 200m | Finals |
| 1:10pm | Girls | Senior/Junior/11 years | 200m | Finals |
| 1:40pm | Boys | 8/9/10/11/12/13 years | 100m | Finals |
| 1:40pm | Girls | 8/9/10/11/12/13 years | 100m | Finals |
|  |  |  |  |  |

Field Program

| Time | Gender | Age Group | Event | Location |
| --- | --- | --- | --- | --- |
| 9:30am | Boys | 11 years | Long Jump | Pit 1 |
| 9:30am | Girls | 11 years | Long Jump | Pit 2 |
| 9:30am | Boys | Junior | Discus (500g) | Circle 1 |
| 9:30am | Boys | Junior | Multi Class Discus (350/500g) | Circle 1 |
| 9:30am | Girls | Junior | Discus (500g) | Circle 2 |
| 9:30am | Girls | Junior | Multi Class Discus (350/500g) | Circle 2 |
| 9:30am | Boys | Senior | Shot (3kg) | Circle 1 |
| 9:30am | Boys | Senior | Multi Class Shot | Circle 1 |
| 9:30am | Girls | Senior | Shot (3kg) | Circle 2 |
| 9:30am | Girls | Senior | Multi Class Shot | Circle 2 |
| 10:10am | Boys | Junior | Long Jump | Pit 1 |
| 10:10am | Boys | Junior | Multi Class Long Jump | Pit 1 |
| 10:10am | Girls | Junior | Long Jump | Pit 2 |
| 10:10am | Girls | Junior | Multi Class Long Jump | Pit 2 |
| 10:10am | Boys | 11 years | Discus (750g) | Circle 1 |
| 10:10am | Girls | 11 years | Discus (750g) | Circle 2 |
| 10:10am | Boys | Senior | High Jump | Stand 1 |
| 10:10am | Girls | Senior | High Jump | Stand 2 |
| 10:50am | Boys | Junior | Shot (2kg) | Circle 1 |
| 10:50am | Girls | Junior | Shot (2kg) | Circle 2 |
| 10:50am | Boys | 11 years | High Jump | Stand 1 |
| 10:50am | Girls | 11 years | High Jump | Stand 2 |
| 10:50am | Boys | Senior | Discus (750g) | Circle 1 |
| 10:50am | Boys | Senior | Multi Class Discus (500/750g) | Circle 1 |
| 10:50am | Girls | Senior | Discus (750g) | Circle 2 |
| 10:50am | Girls | Senior | Multi Class Discus (500/750g) | Circle 2 |
|  |  |  |  |  |
| 11:30am | Boys | Senior | Long Jump | Pit 1 |
| 11:30am | Boys | Senior | Multi Class Long Jump | Pit 1 |
| 11:30am | Girls | Senior | Long Jump | Pit 2 |
| 11:30am | Girls | Senior | Multi Class Long Jump | Pit 2 |
| 12:10pm | Boys | Junior | Multi Class Shot | Circle 1 |
| 12:10pm | Girls | Junior | Multi Class Shot | Circle 2 |
| 12:10pm | Boys | Junior | High Jump | Stand 1 |
| 12:10pm | Girls | Junior | High Jump | Stand 2 |
| 12:10pm | Boys | 11 years | Shot (2kg) | Circle 1 |
| 12:10pm | Girls | 11 years | Shot (2kg) | Circle 2 |

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