

SSA 10 to 12 years Track & Field Program of Events

Track - Day 1

Call Room open from 3:00pm - Call Room: 15 minutes prior

EVENT START	EVENT	GENDER	AGE	COMMENTS
3:15pm	100 Metres - Combined Event	Boys	10	Timed Finals
3:21pm	100 Metres - Combined Event	Boys	11	Timed Finals
3:27pm	100 Metres - Combined Event	Boys	12	Timed Finals
4:00pm	100 Metres - Multi Class	Boys	10	Timed Finals
4:05pm	100 Metres - Multi Class	Girls	10	Timed Finals
4:10pm	100 Metres - Multi Class	Boys	11	Timed Finals
4:15pm	100 Metres - Multi Class	Girls	11	Timed Finals
4:20pm	100 Metres - Multi Class	Boys	12	Timed Finals
4:25pm	100 Metres - Multi Class	Girls	12	Timed Finals
4:45pm	1500 Metres	Boys	10	Timed Finals
4:55pm	1500 Metres	Girls	10	Timed Finals
5:05pm	1500 Metres	Boys	11	Timed Finals
5:15pm	1500 Metres	Girls	11	Timed Finals
5:25pm	1500 Metres	Boys	12	Timed Finals
5:35pm	1500 Metres	Girls	12	Timed Finals
6:05pm	Combined 4x100m Relay	Boys	10	Final
6:10pm	Combined 4x100m Relay	Girls	10	Final
6:15pm	Combined 4x100m Relay	Boys	11	Final
6:20pm	Combined 4x100m Relay	Girls	11	Final
6:25pm	Combined 4x100m Relay	Boys	12	Final
6:30pm	Combined 4x100m Relay	Girls	12	Final

Field - Day 1

Call Room: 30 minutes prior

EVENT START	EVENT	GENDER	AGE
3:15pm	Discus - Multi Class	Girls	10
3:15pm	Discus - Multi Class	Girls	11
3:15pm	Discus - Multi Class	Girls	12
3:50pm	Long Jump - Combined Event	Boys	10
5:00pm	Long Jump - Combined Event	Boys	11
5:00pm	Shot Put - Multi Class	Boys	10
5:00pm	Shot Put - Multi Class	Boys	11
5:10pm	Shot Put - Multi Class	Boys	12
5:10pm	Long Jump - Combined Event	Boys	12

Track - Day 2

Call Room open from 9:00am - Call Room: 15 minutes prior

EVENT START	EVENT	GENDER	AGE	COMMENTS
9:15am	100 Metres	Boys	10	Heats
9:24am	100 Metres	Girls	10	Heats
9:33am	100 Metres	Boys	11	Heats
9:42am	100 Metres	Girls	11	Heats
9:51am	100 Metres	Boys	12	Heats
10:00am	100 Metres	Girls	12	Heats
10:15am	100 Metres - Combined Event	Girls	10	Timed Finals
10:20am	100 Metres - Combined Event	Girls	11	Timed Finals
10:25am	100 Metres - Combined Event	Girls	12	Timed Finals
10:50am	200 Metres - Multi Class	Boys	10	Timed Finals
10:56am	200 Metres - Multi Class	Girls	10	Timed Finals
11:02am	200 Metres - Multi Class	Boys	11	Timed Finals
11:08am	200 Metres - Multi Class	Girls	11	Timed Finals
11:14am	200 Metres - Multi Class	Boys	12	Timed Finals
11:20am	200 Metres - Multi Class	Girls	12	Timed Finals
12:05pm	100 Metres	Boys	10	Final
12:08pm	100 Metres	Girls	10	Final
12:11pm	100 Metres	Boys	11	Final
12:14pm	100 Metres	Girls	11	Final
12:17pm	100 Metres	Boys	12	Final
12:20pm	100 Metres	Girls	12	Final
12:40pm	800 Metres - Combined Event	Boys	10	Timed Finals
12:50pm	800 Metres - Combined Event	Boys	11	Timed Finals
1:00pm	800 Metres - Combined Event	Boys	12	Timed Finals
1:15pm	800 Metres	Boys	10	Heats
1:25pm	800 Metres	Girls	10	Heats
1:35pm	800 Metres	Boys	11	Heats
1:45pm	800 Metres	Girls	11	Heats
1:55pm	800 Metres	Boys	12	Heats
2:05pm	800 Metres	Girls	12	Heats

Field - Day 2

Call Room: 30 minutes prior

EVENT START	EVENT	GENDER	AGE
9:00am	Long Jump - Multi Class	Boys	10
9:00am	Long Jump - Multi Class	Boys	11
9:00am	Long Jump - Multi Class	Boys	12
9:10am	Shot Put - Combined Event	Boys	10
9:10am	Shot Put - Combined Event	Boys	11
9:15am	High Jump	Girls	11
9:40am	Discus	Boys	12
10:30am	Long Jump	Boys	11
10:50am	Shot Put - Combined Event	Boys	12
10:50am	Shot Put	Girls	12
11:10am	Long Jump - Combined Event	Girls	10
11:15am	High Jump	Girls	10
11:40am	Discus	Boys	10
12:00pm	Long Jump - Combined Event	Girls	12
12:20pm	Shot Put - Multi Class	Girls	10
12:20pm	Shot Put - Multi Class	Girls	11
12:20pm	Shot Put - Multi Class	Girls	12
12:40pm	Shot Put	Girls	11
12:40pm	Long Jump - Combined Event	Girls	11
1:10pm	High Jump	Girls	12
1:25pm	Long Jump	Boys	12
1:40pm	Discus	Boys	11
2:10pm	Shot Put	Girls	10
2:20pm	Long Jump	Boys	10

SSA 10 to 12 years Track & Field Program of Events - Day 3 - Educational Experience

Track - Day 3

Call Room open from 1:15pm - Call Room: 15 minutes prior

EVENT START	EVENT	GENDER	AGE	COMMENTS
1:30pm	800 Metres	Boys	10	Final
1:35pm	800 Metres	Girls	10	Final
1:40pm	800 Metres	Boys	11	Final
1:45pm	800 Metres	Girls	11	Final
1:50pm	800 Metres	Boys	12	Final
1:55pm	800 Metres	Girls	12	Final
2:30pm	200 Metres	Boys	10	Heats
2:39pm	200 Metres	Girls	10	Heats
2:48pm	200 Metres	Boys	11	Heats
2:57pm	200 Metres	Girls	11	Heats
3:06pm	200 Metres	Boys	12	Heats
3:15pm	200 Metres	Girls	12	Heats
4:00pm	800 Metres - Multi Class	Boys	10	Timed Finals
4:08pm	800 Metres - Multi Class	Girls	10	Timed Finals
4:16pm	800 Metres - Multi Class	Boys	11	Timed Finals
4:23pm	800 Metres - Multi Class	Girls	11	Timed Finals
4:31pm	800 Metres - Multi Class	Boys	12	Timed Finals
4:38pm	800 Metres - Multi Class	Girls	12	Timed Finals
4:50pm	800 Metres - Combined Event	Girls	10	Timed Finals
5:00pm	800 Metres - Combined Event	Girls	11	Timed Finals
5:10pm	800 Metres - Combined Event	Girls	12	Timed Finals

Field - Day 3

Call Room: 30 minutes prior

EVENT START	EVENT	GENDER	AGE
1:30pm	Long Jump	Girls	10
1:35pm	High Jump	Boys	10
1:40pm	Discus	Girls	12
1:45pm	Shot Put - Combined Event	Girls	10
1:45pm	Shot Put - Combined Event	Girls	11
2:00pm	Discus - Multi Class	Boys	10
2:00pm	Discus - Multi Class	Boys	11
2:00pm	Discus - Multi Class	Boys	12
3:20pm	Shot Put - Combined Event	Girls	12
4:15pm	Long Jump	Girls	11

Track - Day 4

Call Room starts at 9:45am - Call Room: 15 minutes prior

10:00am	200 Metres	Boys	10	Final
10:03am	200 Metres	Girls	10	Final
10:06am	200 Metres	Boys	11	Final
10:09am	200 Metres	Girls	11	Final
10:12am	200 Metres	Boys	12	Final
10:15am	200 Metres	Girls	12	Final
10:50am	800m Medley Relay	Boys	10	Final
10:58am	800m Medley Relay	Girls	10	Final
11:06am	800m Medley Relay	Boys	11	Final
11:14am	800m Medley Relay	Girls	11	Final
11:22am	800m Medley Relay - Multi Class	Boys	10-12	Final
11:30am	800m Medley Relay	Boys	12	Final
11:38am	800m Medley Relay - Multi Class	Girls	10-12	Final
11:46am	800m Medley Relay	Girls	12	Final
12:15pm	4 x 100 Metre Relay	Boys	10	Final
12:20pm	4 x 100 Metre Relay	Girls	10	Final
12:25pm	4 x 100 Metre Relay	Boys	11	Final
12:30pm	4 x 100 Metre Relay	Girls	11	Final
12:35pm	4 x 100 Metre Relay - Multi Class	Boys	10-12	Final
12:40pm	4 x 100 Metre Relay	Boys	12	Final
12:45pm	4 x 100 Metre Relay - Multi Class	Girls	10-12	Final
12:50pm	4 x 100 Metre Relay	Girls	12	Final

Field - Day 4

Call Room: 30 minutes prior

9:30am	Shot Put	Boys	12
9:40am	Long Jump - Multi Class	Girls	10
9:40am	Long Jump - Multi Class	Girls	11
9:40am	Long Jump - Multi Class	Girls	12
9:40am	High Jump	Boys	11
9:40am	Discus	Girls	10
11:10am	Shot Put	Boys	10
11:10am	Shot Put	Boys	11
11:10am	High Jump	Boys	12
11:35am	Long Jump	Girls	12
11:35am	Discus	Girls	11