

NCSSAA TRACK AND FIELD SCHEDULE 2023

DAY 1: Wednesday, May 24, 2023

DAY 2: Thursday, May 25, 2023

TRACK EVENTS

TIME	EVENT		ORDER
9:00	2000m Steeplechase	Timed Finals	OG, OB
9:40	Distance Hurdles	Timed Finals	NG, JG, SG, NB, JB, SB
10:40	3000m	Finals	NG, NB
11:10	200m	Heats	WG, WB, NG, NB, JG, JB, SG, SB
12:05	3000m	Finals	JG, JB
12:35	800m	Timed Finals	NG, NB, JG, JB, SG, SB, VIG, VIM, AG, AB, IDG, IDB
1:20	200m	Finals	WG, WB, NG, NB, JG, JB, SG, SB
1:50	3000m	Finals	SG, SB
2:20	4 x 100m Relay	Timed Finals	NG, NB, JG, JB, SG, SB

TRACK EVENTS

TIME	EVENT		ORDER
9:00	Sprint Hurdles	Heats	NG, JG, SG, NB, JB, SB
9:45	400	Timed Finals	NG, NB, JG, JB, SG, SB
10:30	1500m	Finals	SG, SB
10:50	100 Heats	Heats	IDG, IDB, VIG, VIB, AG, AB, NG, NB, JG, JB, SG, SB, Perseverance
11:45	1500m	Finals	JG, JB
12:15	Sprint Hurdles	Finals	SB, JB, NB, SG, JG, NG
12:45	1500m	Finals	NG, NB
1:15	100m	Finals	IDG, IDB, VIG, VIB, AG, AB, NG, NB, JG, JB, SG, SB
2:00	4 x 400m Relay	Timed Finals	OB, OG

FIELD EVENTS

Time	GIRLS			BOYS		
	Novice	Junior	Senior	Novice	Junior	Senior
9:00	Javelin	High J.	Discus	Triple J.	Shot	Long J.
10:30	Long J.	Javelin	High J.	Discus	Triple J.	Shot
12:00	Discus.	Triple J.	Shot	Long J.	Javelin	High J
1:30	Triple J.	Shot	Long J.	Javelin	High J.	Discus

FIELD EVENTS

Time	GIRLS			BOYS		
	Novice	Junior	Senior	Novice	Junior	Senior
9:00	Shot	Long J.	Javelin	High J.	Discus	Triple J.
10:30	High J.	Discus	Triple J	Shot	Long J.	Javelin
11:00	POLE VAULT (BOYS FOLLOWED BY GIRLS)					
12:00	PARA SHOT PUT (GIRLS FOLLOWED BY BOYS)					

Events may run up to 30 minutes ahead of schedule.