

Provisional SWSch Track Field Programme 2024

07/03/2024

Time		Event	Age Group	Time		Event	Age Group
				9.30		Hammer	Girls Warm-up
				10.00	F1a	Hammer	Junior Girls
					F1b	Hammer	Inter Girls
					F1c	Hammer	Senior Girls
					F2	High Jump 2	Senior Girls
11.15	T1	400m Hurdles	Senior Boys		F3	Long Jump	Senior Girls
	T2	400m Hurdles	Inter Boys		F4	Long Jump	Senior Boys
	T3	400m Hurdles	Senior Girls				
	T4	300m Hurdles	Inter Girls	11.30	F5a	Hammer	Junior Boys
11.50	T5a	1500m Steeplechase	Senior Girls		F5b	Hammer	Inter Boys
	T5b	1500m Steeplechase	Inter Girls		F5c	Hammer	Senior Boys
12.00	T6	100 metres Heats	Junior Girls		F6	High Jump 1	Inter Girls
	T7	100 metres Heats	Junior Boys		F7	Long Jump	Junior Girls
	T8	100 metres Heats	Inter Girls		F8a	Shot	Inter Girls
	T9	100 metres Heats	Inter Boys		F8b	Shot	Senior Girls
	T10	100 metres Heats	Senior Girls				
	T11	100 metres Heats	Senior Boys	12.15	F9	Javelin	Junior Girls
12.30	T12	1500m Steeplechase	Inter Boys	12.30	F10	High Jump	Junior Boys
12.40	T13	1500 metres	Junior Boys		F11	Long Jump	Inter Boys
	T14	1500 metres	Inter Boys		F12a	Triple Jump	Junior Boys
	T15	1500 metres	Senior Boys		F12b	Triple Jump	Senior Boys
					F13	Pole Vault (1)	All age groups
13.00	T16	2000m Steeplechase	Senior Boys				
13.10	T17	300 metres Finals	Junior Girls				
	T18	300 metres Finals	Inter Girls				
	T19	300 metres Finals	Junior Boys				
13.25	T20	400 metres Finals	Senior Girls	13.30	F14	Long Jump	Junior Boys
	T21	400 metres Finals	Inter Boys		F15	High Jump	Inter Boys
	T22	400 metres Finals	Senior Boys		F16	Shot	Junior Girls
13.40	T23a	3000 metres	Inter Girls		F17	Shot	Junior Boys
	T23b	3000 metres	Senior Girls		F18a	Discus	Senior Boys
13.55	T24	100 metres Finals	Junior Girls		F18b	Discus	Senior Girls
	T25	100 metres Finals	Junior Boys				
	T26	100 metres Finals	Inter Girls				
	T27	100 metres Finals	Inter Boys				
	T28	100 metres Finals	Senior Girls				
	T29	100 metres Finals	Senior Boys				
		Lunch Break					
14.35	T30	200 metres Heats	Junior Girls	14.30	F19	Pole Vault (2)	All age groups
	T31	200 metres Heats	Junior Boys		F20	High Jump	Junior Girls
	T32	200 metres Heats	Inter Girls		F21	Long Jump	Inter Girls
	T33	200 metres Heats	Inter Boys		F22a	Javelin	Inter Girls
	T34	200 metres Heats	Senior Girls		F22b	Javelin	Senior Girls
	T35	200 metres Heats	Senior Boys		F23a	Discus	Junior Boys
15.00	T36	1500 metres	Junior Girls		F23b	Discus	Inter Boys
	T37	1500 metres	Inter Girls				
	T38	1500 metres	Senior Girls				
15.20	T39	Sprint Hurdles Heats	Senior Boys	15.30	F24	High Jump	Senior Boys
	T40	Sprint Hurdles Heats	Inter Boys		F25	Triple Jump	Inter Boys
	T41	Sprint Hurdles Heats	Senior Girls		F26a	Shot	Inter Boys
	T42	Sprint Hurdles Heats	Junior Boys		F26b	Shot	Senior Boys
	T43	Sprint Hurdles Heats	Inter Girls		F27	Javelin	Junior Boys
	T44	Sprint Hurdles Heats	Junior Girls		F28a	Discus	Junior Girls
16.00	T45	800 metres	Junior Girls		F28b	Discus	Inter Girls
	T46	800 metres	Inter Girls				
	T47	800 metres	Senior Girls				
	T48	800 metres	Junior Boys				
	T49	800 metres	Inter Boys				
	T50	800 metres	Senior Boys				
16.25	T51	200 metres Finals	Junior Girls	16.30	F29a	Triple Jump	Inter Girls
	T52	200 metres Finals	Junior Boys		F29b	Triple Jump	Senior Girls
	T53	200 metres Finals	Inter Girls		F30a	Javelin	Inter Boys
	T54	200 metres Finals	Inter Boys		F30b	Javelin	Senior Boys
	T55	200 metres Finals	Senior Girls				
	T56	200 metres Finals	Senior Boys				
16.45	T57a	3000 metres	Inter Boys				
	T57b	3000 metres	Senior Boys				
17.00	T58	Sprint Hurdles Finals	Senior Boys				
	T59	Sprint Hurdles Finals	Inter Boys				
	T60	Sprint Hurdles Finals	Senior Girls				
	T61	Sprint Hurdles Finals	Junior Boys				
	T62	Sprint Hurdles Finals	Inter Girls				
	T63	Sprint Hurdles Finals	Junior Girls				
17.20	T64	Mixed Relays	Juniors				
	T65	Mixed Relays	Intermediates				
	T66	Mixed Relays	Seniors				