



## APPENDIX A - WOSSAA TRACK & FIELD SCHEDULE 2022

### DAY ONE

<b>Track Events</b>		<b>Field Events</b>	
<b>9:30 AM</b>	Novice Girls 80m hurdles (30") 2 heats Junior Girls 80m hurdles (30") 2 heats Senior Girls 100m hurdles (30") 2 heats	<b>9:30 AM</b>	Novice Girls Long Jump Senior Girls High Jump Novice Boys Shot Put Boys Para Shot Put (4kg) Junior Boys Discus Senior Boys Javelin Senior Boys Triple Jump Junior Boys Pole Vault
<b>9:45 AM</b>	Novice Boys 100m hurdles (33") 2 heats Junior Boys 100m hurdles (33") 2 heats Senior Boys 110m hurdles (36") 2 heats		
<b>10:00 AM</b>	Open Boys 2000m Steeplechase (36") 1 heat - Timed Finals		
<b>10:20 AM</b>	Open Girls 2000m Steeplechase (30") 1 heat - Timed Finals		
<b>10:40 AM</b>	Novice Girls 400m 2 heats - Timed Finals Junior Girls 400m 2 heats - Timed Finals Senior Girls 400m 2 heats - Timed Finals Novice Boys 400m 2 heats - Timed Finals Junior Boys 400m 2 heats - Timed Finals Senior Boys 400m 2 heats - Timed Finals Wheelchair 400m	<b>11:00 AM</b>	Novice Girls Shot Put Girls Para Shot Put (3kg) Junior Girls Discus Senior Girls Javelin Novice Boys Long Jump Junior Boys Triple Jump Novice Girls High Jump Junior Girls Pole Vault
<b>12:00 PM</b>	Senior Boys 110m hurdles (36") Final Junior Boys 100m hurdles (33") Final Novice Boys 100m hurdles (33") Final Senior Girls 100m hurdles (30") Final Junior Girls 80m hurdles (30") Final Novice Girls 80m hurdles (30") Final		
	<b>Track Officials Break</b>		
<b>1:00 PM</b>	Novice Girls 100m 2 heats Junior Girls 100m 2 heats Senior Girls 100m 2 heats Novice Boys 100m 2 heats Junior Boys 100m 2 heats Senior Boys 100m 2 heats	<b>1:00 PM</b>	Senior Boys High Jump Junior Girls Long Jump Senior Girls Triple Jump Novice Boys Javelin Junior Boys Shot Put Senior Boys Discus Senior Boys Pole Vault
<b>1:45 PM</b>	Novice Boys 1500m Final Junior Boys 1500m Final Senior Boys 1500m Final		
<b>DAY ONE</b>			
<b>Track Events continued...</b>			
<b>2:15 PM</b>	Ambulatory, Visually Impaired and Intellectual Disability Girls 100m Final		

	Ambulatory, Visually Impaired and Intellectual Disability Boys 100m Final Novice Girls 100m Final Junior Girls 100m Final Senior Girls 100m Final Novice Boys 100m Final Junior Boys 100m Final Senior Boys 100m Final
<b>2:45 PM</b>	Novice Girls 1500m Final Junior Girls 1500m Final Senior Girls 1500m Final
<b>3:30 PM</b>	Novice Girls 4x100m 2 heats - Timed Finals Junior Girls 4x100m 2 heats - Timed Finals Senior Girls 4x100m 2 heats - Timed Finals Novice Boys 4x100m 2 heats - Timed Finals Junior Boys 4x100m 2 heats - Timed Finals Senior Boys 4x100m 2 heats - Timed Finals

## DAY TWO

Track Events		Field Events	
<b>9:30 AM</b>	Senior Boys 400m Hurdles (36") 2 heats - Timed Finals Junior Boys 300m Hurdles (33") 2 heats - Timed Finals Novice Boys 300m Hurdles (33") 2 heats - Timed Finals Novice Girls 300m Hurdles (30") 2 heats - Timed Finals Junior Girls 300m Hurdles (30") 2 heats - Timed Finals Senior Girls 400m Hurdles (30") 2 heats - Timed Finals	<b>9:30 AM</b>	Novice Girls Javelin Junior Girls Shot Put Junior Girls Triple Jump Senior Girls Discus Novice Boys High Jump Junior Boys Long Jump Senior Girls Pole Vault
<b>10:15 AM</b>	Novice Girls 3000m Final Novice Boys 3000m Final		
<b>10:45 AM</b>	Novice Girls 200m 2 heats Junior Girls 200m 2 heats Senior Girls 200m 2 heats Novice Boys 200m 2 heats Junior Boys 200m 2 heats Senior Boys 200m 2 heats	<b>11:00 AM</b>	Novice Girls Triple Jump Junior Boys High Jump Senior Girls Long Jump Novice Boys Discus Junior Boys Javelin Senior Boys Shot Put Novice Boys Pole Vault
<b>11:30 AM</b>	Visually Impaired Girls 800m Final Ambulatory Girls 800m Final Intellectual Disability Girls 800m Final Novice Girls 800m 2 heats - Timed Finals Junior Girls 800m 2 heats - Timed Finals Senior Girls 800m 2 heats - Timed Finals Visually Impaired Boys 800m Final Ambulatory Boys 800m Final Intellectual Disability Boys 800m Final Novice Boys 800m 2 heats - Timed Finals Junior Boys 800m 2 heats - Timed Finals Senior Boys 800m 2 heats - Timed Finals		
	<b>Track Officials Break</b>		
<b>1:00 PM</b>	Novice Girls 200m Final Junior Girls 200m Final Senior Girls 200m Final Wheelchair Girls 200m Final Novice Boys 200m Final Junior Boys 200m Final Senior Boys 200m Final Wheelchair Boys 200m Final	<b>1:00 PM</b>	Novice Girls Discus Junior Girls Javelin Senior Girls Shot Put Novice Boys Triple Jump Junior Girls High Jump Senior Boys Long Jump Novice Girls Pole Vault
<b>1:30 PM</b>	Senior Girls 3000m Final Senior Boys 3000m Final Junior Girls 3000m Final Junior Boys 3000m Final		
<b>2:30 PM</b>	Open Girls 4x400m Relay 2 heats - Timed Finals Open Boys 4x400m Relay 2 heats - Timed Finals		