

ASAA Track & Field Provincials 2024

Friday	Junior Boys	Junior Girls	Int. Boys	Int. Girls	Senior Boys	Senior Girls	
9:00	100 m Pent		100 m Pent		100 m Pent		
9:10	3000 m						
9:20							Pent Schedule (Boys)
9:30	Discus	3000 m	Pole Vault	High Jump	Shot Put		100m 9:00am
9:40	LJ Pent		LJ Pent		LJ Pent		Long Jump 9:40am
9:45		Triple Jump					Shot Put 11:00am
9:50			3000 m				High Jump 1:00pm
10:00							800m 3:45pm
10:10				3000 m			
10:30					3000 m	Javelin	
10:50						3000 m	
10:55	OPENING CEREMONIES						
11:00	Long Jump/SP Pent		SP Pent		SP Pent	High Jump	
11:10	200 m Heats						
11:16		200 m Heats					
11:22			200 m Heats				
11:28				200 m Heats			
11:30			Discus				
11:34					200 m Heats		
11:40						200/Heats	
11:50	800 m Final						
11:57		800 m Final					
12:00	Para Seated Shotput at Circle 2			Triple Jump Para Seated SP @ C2	Pole Vault Para Seated SP @ C2	Para Seated SP @ C2	
12:04			800 m Final				
12:11				800 m Final			
12:18					800 m Final		
12:25						800 m Final	
12:40					100 m Hurdle Heats		
12:48	100 m Hurdle Heats						
12:54			100 m Hurdle Heats				
1:00	HJ Pent/Shot Put	Javelin	HJ Pent/Long Jump		HJ Pent		
1:10						80 m Hurdle Heats	
1:16		80 m Hurdle. Heats					
1:24				80 m Hurdle Heats			
1:30	TRACK LUNCH BREAK						
2:00		Para SP @ C2			Para SP @ C2	Triple Jump Para SP @ C2	
2:15		80 m Hurdle Final					
2:18				80 m Hurdle Final			
2:24						80 m Hurdle Final	
2:30	Pole Vault		Shot Put		Discus		
2:35	100 m Hurdle Final						
2:38			100 m Hurdle Final				
2:44					100 m Hurdle Final		
2:55		Para Wheelchair 200m Final			Para Wheelchair 200m Final		
3:00		Para Ambulatory 200m Final		Para Ambulatory 200m Final	Long Jump Para Ambulatory 200m Final	Para Ambulatory 200m Final	
3:05		Para Intellectual 200m Final			Para Intellectual 200m Final		
3:10	200 m Final						
3:15		200 m Final					
3:20			200 m Final				
3:25				200 m Final			
3:30		High Jump		Javelin	200 m Final		
3:35						200 m Final	
3:45	800 m Pent		800 m Pent		800 m Pent		
3:55	Relay Marshalling All Junior Teams						
4:00	4x100 Heats						
4:08		4x100 Heats					
4:20	Relay Marshalling All Intermediate Teams						
4:30			4x100 Heats				
4:38				4x100 Heats			
4:45	Relay Marshalling All Senior Teams						
4:55					4x100 Heats		
5:03						4x100 Heats	
5:15	Relay Marshalling All 4x400 Open Teams						
5:25	4x400 Open Timed Final		4x400 Open Timed Final		4x400 Open Timed Final		
5:40		4x400 Open Timed Final		4x400 Open Timed Final		4x400 Open Timed Final	

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Saturday	Junior Boys	Junior Girls	Int. Boys	Int. Girls	Senior Boys	Senior Girls
9:00	Triple Jump	100 m Pent	Javelin	<i>100 m Pent</i>		<i>100 m Pent/Shot Put</i>
9:10	400 m Heats					
9:16		400 m Heats				
9:22			400 m Heats			
9:28				400 m Heats		
9:30		Pole Vault/Discus		Long Jump		
9:34					400 m Heats	
9:40		HJ Pent		HJ Pent		HJ Pent/400 m Heats
9:50	100 m Heats					
9:56		100 m Heats				
10:02			100 m Heats			
10:08				100 m Heats		
10:14					100 m Heats	
10:20						100 m Heats
10:30		Shot Put				
10:35	1500m					
10:45	Unified Long Jump@TJ	1500m		Unified Long Jump@TJ	Javelin	Unified Long Jump@TJ
10:55			1500m			
11:05				1500m		
11:15					High Jump/1500m	
11:25						1500m
11:30				Discus		Long Jump
11:40		Open 300mH Final		Open 300mH Final		Open 300mH Final
11:50	Open 300mH Final		Open 300mH Final		Open 300mH Final	
12:00	Unified Javelin	<i>SP Pent</i>	Unified Javelin	SP Pent/Pole Vault		SP Pent
12:05	TRACK LUNCH BREAK			TRACK LUNCH BREAK		
12:45			Triple Jump			
1:00	100 m Final					
1:05		100 m Final				
1:10			100 m Final			
1:15	High Jump			100 m Final		
1:20					100 m Final	
1:25						100 m Final
1:30	Para WC 100 m Final	<i>LJ Pent</i> Para WC 100 m Final	Para WC 100 m Final	Shot Put/ <i>LJ Pent</i> Para WC 100 m Final	Para WC 100 m Final	<i>LJ Pent</i> Para WC 100 m Final
1:35	Para Amb 100 m Final			Para Amb 100 m Final		
1:40	Para Intellectual 100 m Final			Para Intellectual 100 m Final		
1:50	400 m Final					
1:55		400 m Final				
2:00	Javelin		400 m Final			
2:05				400 m Final		
2:10					400 m Final	
2:15						400 m Final
2:20	Unified 400m	Unified 400m	Unified 400m	Unified 400m	Unified 400m	Unified 400m
2:24						
2:30					Triple Jump	Discus/Pole Vault
2:40		800 m Pent		800 m Pent		800 m Pent
2:45		Long Jump				
2:50	Relay Marshalling All Open Mixed Teams			Relay Marshalling All Open Mixed Teams		
3:00	4x400 Open Mixed Timed Final					
3:15	Relay Marshalling All 4x100m Finals Teams			Relay Marshalling All 4x100m Finals Teams		
3:20	4x100 Final					
3:24		4x100 Final				
3:28			4x100 Final			
3:30			High Jump			
3:32				4x100 Final		
3:36					4x100 Final	
3:40						4x100 Final

Pent Schedule (Girls)

100m	9:00am
High Jump	9:40am
Shot Put	12:00pm
Long Jump	1:30pm
800m	2:40pm

Unified Triathlon

Long Jump	1045am
Javelin	1200pm
400m	220pm