

SOSSA TRACK AND FIELD SCHEDULE

NOTE: Officials and athletes should assemble at the event 15 minutes before the posted times for check in.

TRACK EVENTS	FIELD EVENTS
Officials shift one:	
9:30 am OG 1500m Steeplechase (final)	9:30 am MG Long Jump
9:45 am OB 2000m Steeplechase (final)	MB Shot Put
	JG Triple Jump JG POLE VAULT
9:55 am Sprint Hurdles (semi-final) (MG, JG, SG, MB, JB, SB)	JB Discus
	SG High Jump
	SB Javelin
10:40 am 100m (semi-final) (MG, MB, JG, JB, SG, SB)	10:45 am MG Shot Put
	MB Long Jump
	JG Discus
	JB Triple Jump
	SG Javelin SG POLE VAULT
	SB High Jump
11:10 am 1500m (final) (MG, MB, JG, JB, SG, SB)	12:00 pm MG High Jump MG POLE VAULT
	MB Javelin
	JG Long Jump
	JB Shot Put
	SG Triple Jump
	SB Discus
Officials shift two:	
12:10 pm 400m (final) (MG, MB, JG, JB, SG, SB)	1:15 pm MG Javelin
	MB High Jump
12:40 pm Sprint Hurdles (final) (MG, JG, SG, MB, JB, SB)	JG Shot Put
	JB Long Jump JB POLE VAULT
	SG Discus
	SB Triple Jump
1:10 pm 100 m (final) (MG, MB, JG, JB, SG, SB) (VIG, VIB, AmbG, AmbB, IIG, IIB)	2:30 pm MG Triple Jump
	MB Discus
	JG High Jump
	JB Javelin
	SG Long Jump
	SB Shot Put SB POLE VAULT
1:40 pm Intermediate Hurdles (timed sections) (MG, JG, SG, MB, JB, SB)	3:45 pm MG Discus
	MB Triple Jump MB POLE VAULT
	JG Javelin
	JB High Jump
	SG Shot Put
	SB Long Jump
2:25 pm 200m (timed sections) (MG, MB, JG, JB, SG, SB) (WCG- WCB)	
Officials shift three:	
3:10 pm 800m (timed sections) (MG, MB, JG, JB, SG, SB) (VIG, VIB, AmbG, AmbB, IIG, IIB)	
3:50 pm 3000m (final) (MG, MB, JG, JB, SG, SB)	
5:10 pm 4x100m relay (timed sections) (SG, SB, JG, JB, MG, MB)	
4x400m relay (timed sections) OG, OB	