

SISSAC Order of Events 2024

TRACK EVENTS

Friday Afternoon 3.00pm -5pm
Steeplechase All grades

Saturday Morning (9.00am – 12)

300m Hdls	U19 G	F
300m Hdls	U19 B	F
200m Hdls	U16 B	F
200m Hdls	U16 G	F
3,000m	U15G	F
200m	All grades	hts
200m PA	All classes	F
3,000m	U19G	F
3,000m	U16G	F
400m	U14G+B	hts
400m	U15G+B	hts
3,000m	U19B	F
Sprint Hdls	All grades	hts

12.00 Lunch

N.B. 3,000m for U15G – U19G is likely to be combined and run as one race (if total entries low) but results are recorded by age group.

Saturday Afternoon (1.00 – 6.00)

Sprint Hdls	All grades	F
3,000m	U16B	F
400m PA	All classes	F
400m	U16G+B	hts
400m	U19G+B	hts
3,000m	U15B	F
100m	All grades	hts
100m PA	All classes	F
3,000m	U14B	F
800m	U14G+B	F
800m	U15G+B	F
200m	All grades	F
3,000m	U14G	F
800m	U16G+B	F
800m	U19G+B	F
4 x 100 Relay	All grades	hts

Sunday Morning (9.00am - 12pm)

100m	All Grades	F
1,500m	U14G+B	F
1,500m	U15G+B	F
400m	U14G+B	F
400m	U15G+B	F
400m	U16G+B	F
400m	U19G+B	F
1,500m	U16G+B	F
1,500m	U19G+B	F
4 x 100 Relay	All grades	F
2,000m Walk	Open Girls	F
3,000m Walk	Open Boys	F
4 x 400m Relay	U16 G	F
4 x 400m Relay	U16 B	F
4 x 400m Relay	U19 G	F
4 x 400m Relay	U19 B	F

FIELD EVENTS

Friday Afternoon 1.00pm – 5.00pm)

1.00pm

Pole Vault	Boys and Girls	F
Hammer	All Boys	F

3.00pm

Hammer	All Girls	F
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Saturday Morning

9.00am

Discus	U16G	F
High Jump 2	U14B	F
Long Jump 1	U15B	F
Long Jump 2	U14G	F
Shot Put	U19B	F
Javelin PA	All classes	F

10.00am

Discus	U15B	F
High Jump 1	U19G	F
Javelin	U16B	F
Long Jump 1	U19B	F
Long Jump 2	U15G	F
Shot Put	U14G	F

11.00am

High Jump 2	U15B	F
Long Jump 2	U16B	F
Shot Put	U14B	F
Discus PA	All classes	F

12.00 Lunch

Saturday Afternoon

12.30pm

Discus	U14G	F
High Jump 2	U15G	F
Long Jump 1	U16G	F
Shot Put	U19G	F
Long J 2 PA	All classes	F

1.30pm

High Jump 1	U19B	F
Javelin	U15B	F
Long Jump 1	U19G	F
Long Jump 2	U14B	F
Shot Put	U15G	F

2.30pm

Discus	U16B	F
High Jump 2	U16G	F
Javelin	U19G	F
Triple Jump 2	U14G	F
Shot Put PA	All classes	F

3.30pm

Discus	U14B	F
High Jump 1	U16B	F
Javelin	U19B	F
Triple Jump 1	U15B	F
Triple Jump 2	U15G	F

4.30pm

Javelin	U15G	F
Shot Put	U16G	F
Triple Jump 1	U19B	F

Sunday Morning

9.00am

Discus	U15G	F
Javelin	U14B	F
Shot Put	U15B	F
Triple Jump 1	U16G	F
Triple Jump 2	U16B	F

10.00am

Discus	U19B	F
High Jump 2	U14G	F
Javelin	U16G	F
Shot Put	U16B	F
Triple Jump 1	U19G	F
Triple Jump 2	U14B	F

11.00am

Javelin	U14G	F
Discus	U19G	F

Key (for track and field events)

U = Under O = Open

B = Boys G = Girls

Jnr Boys = U16 and younger

Snr Boys = Age 16 and over

PA = Para Athlete events

hts = heats F = Final

S/Ch = Steeple Chase