

# SISSAC Order of Events 2009

## Saturday 4th April 2009

### Track

9.00am	OG	300m Hurdles	Final
9.05	OB	300m Hurdles	Final
9.10	ALL	100m	heats
9.37	AWD	100m	Finals
10.00am	U16B	3000m	Final
10.15	U16G	3000m	Final
10.30	U14G	400m	heats
	U14B	400m	heats
	U15G	400m	heats
	U15B	400m	heats
10.50	U19G	1500m	Final
11.00am	ALL	Sprint Hurdles	heats
12.00	<b>Lunch: track &amp; most field</b>		
1.00pm	ALL	Sprint Hurdles	Finals
1.33	U15B	1500m	Final
1.40	U16G	400m	heats
	U16B	400m	heats
	U19G	400m	heats
	U19B	400m	heats
2.02pm	AWD	400m	Finals
2.20	U19B	1500m	Final
2.27	U16G	1500m	Final
2.35	ALL (except AWD)	200m	heats
3.07pm	U19G	3000m	Final
3.22	U14G	800m	Final
	U14B	800m	Final
	U15G	800m	Final
	U15B	800m	Final

### Field

9.00am	JB & JG	Hammer Throw
	U16G	Discus Throw
	U14B	High Jump (pit 2)
	U15B	Long Jump (pit 1)
	U14G	Long Jump (pit 2)
	U19B	Shot Put
10.00am	U15B	Discus
	U19G	High Jump (pit 1)
	U16B	Javelin
	U19B	Long Jump (pit 1)
	U15G	Long Jump (pit 2)
	U14G	Shot Put
	AWD	Shot Put
11.00am	SB	Hammer Throw
	U15B	High Jump (pit 2)
	U16B	Long Jump (pit 2)
	U14B	Shot Put
12.00	SB	Hammer (cont.)
12.15pm	SG	Hammer (begins)
12.30	U14G	Discus
	U15G	High Jump (pit 1)
	U16G	Long Jump (pit 1)
	U16B	Shot Put
1.30pm	U19B	Discus
	U15B	Javelin
	U19G	Long Jump (pit 1)
	U14B	Long Jump (pit 2)
	U15G	Shot Put
2.30pm	U16B	Discus
	U16G	High Jump (pit 1)
	U19G	Javelin
	U19B	Triple Jump (pit 1)
	U14G	Triple Jump (pit 2)
	AWD	Discus
3.30pm	U14B	Discus
	U16B	High Jump (pit 2)
	U19B	Javelin
	U15B	Triple Jump (pit 1)
	U15G	Triple Jump (pit 2)

3.40	U14B	3000m	Final			
3.55pm	ALL	200m	Finals			
	(except AWD)					
4.15	U14G	3000m	Final			
4.30	AWD	200m	Final	4.30pm	U15G	Javelin
					U16G	Shot Put
					ALL	Pole Vault
4.42	U16G	800m	Final			
	U16B	800m	Final			
	U19G	800m	Final			
	U19B	800m	Final			
4.58	U15G	1500m	Final			
5.05pm	U14G	4 x 100m Relay	heats			
	U14B	4 x 100m Relay	heats			
	U15B	4 x 100m Relay	heats			
	U16B	4 x 100m Relay	heats			
	U19G	4 x 100m Relay	heats			
	U19B	4 x 100m Relay	heats			
	U16G	4 x 100m Relay	heats			
	U15G	4 x 100m Relay	heats			
5.50	OB	2000m S/Chase	Final			
6.05pm	OG	4 x 400m Relay	Final			
6.10	OB	4 x 400m Relay	Final			

### **Sunday 5th April 2009**

9.00am	U14G	1500m	Final	9.00am	U14G	High Jump	(pit 2)
9.07	U16B	1500m	Final		U14B	Javelin	
9.15	U15G	3000m	Final		U19G	Shot Put	
9.30	U15B	3000m	Final		U16G	Triple Jump	(pit 1)
9.45	ALL	100m	Finals		U16B	Triple Jump	(pit 2)
10.00am	OB	3000m Walk	Final	10.00am	U15G	Discus	
10.20	U14G	400m	Final		U19B	High Jump	(pit 1)
	U14B	400m	Final		U16G	Javelin	
	U15G	400m	Final		U15B	Shot Put	
	U15B	400m	Final		U19G	Triple Jump	(pit 1)
10.32	OG	2000m Walk	Final		U14B	Triple Jump	(pit 2)
10.50	U16G	400m	Final				
	U16B	400m	Final				
	U19G	400m	Final				
	U19B	400m	Final				
11.03am	U14B	1500m	Final	11.00am	U14G	Javelin	
11.10	U19B	3000m	Final		U19G	Discus	
11.25	OG	1500m S/Chase	Final		OB/OG	Pole Vault if needed	
11.40	U15	4 x 100m Relay	Final				
11.45	U16	4 x 100m Relay	Final				
11.50	U14	4 x 100m Relay	Final				
11.55	U19	4 x 100m Relay	Final				

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**Reporting time is 15 minutes before track events.**

**Finals will be held at FINALS time if heats are not required.**