

# SISSAC Order of Events 2023

## TRACK EVENTS

**Friday Afternoon** 3.00pm -5pm  
Steeplechase All grades

### Saturday Morning (9.00am – 12)

300m Hdls	U16 G	F
300m Hdls	U16 B	F
300m Hdls	U19 G	F
300m Hdls	U19 B	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** 3.00pm – 5.00pm)

**2.30pm**  
Hammer All Boys F  
Hammer All Girls F  
**4.00pm**  
Pole Vault Boys and Girls F

### 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