

# SISSAC Order of Events 2025

## TRACK EVENTS

<b>Friday Afternoon</b> 3.00pm + 3:30pm
Steeplechase All grades F

### Saturday Morning (9.00am - 12)

300m Hdls	U19G Open	F
300m Hdls	U19B Open	F
200m Hdls	U16G Open	F
200m Hdls	U16B Open	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		
<i>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.</i>		

### 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)

<b>3.00pm</b>		
Hammer	All Boys	F
<b>3.00pm</b>		
Hammer	All Girls	F

### Saturday Morning

<b>9.00am</b>		
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
<b>10.00am</b>		
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
<b>11.00am</b>		
High Jump 2	U15B	F
Long Jump 2	U16B	F
Shot Put	U14B	F
Discus PA	All classes	F
<b>12.00 Lunch</b>		

### Saturday Afternoon

<b>12.30pm</b>		
Discus	U14G	F
High Jump 2	U15G	F
Long Jump 1	U16G	F
Shot Put	U19G	F
Long J 2 PA	All classes	F
<b>1.30pm</b>		
Pole Vault	B and G	F
High Jump 1	U19B	F
Javelin	U15B	F
Long Jump 1	U19G	F
Long Jump 2	U14B	F
Shot Put	U15G	F
<b>2.30pm</b>		
Discus	U16B	F
High Jump 2	U16G	F
Javelin	U19G	F
Triple Jump 2	U14G	F
Shot Put PA	All classes	F
<b>3.30pm</b>		
Discus	U14B	F
High Jump 1	U16B	F
Javelin	U19B	F
Triple Jump 1	U15B	F
Triple Jump 2	U15G	F
<b>4.30pm</b>		
Javelin	U15G	F
Shot Put	U16G	F
Triple Jump 1	U19B	F

### Sunday Morning

<b>9.00am</b>		
Discus	U15G	F
Javelin	U14B	F
Shot Put	U15B	F
Triple Jump 1	U16G	F
Triple Jump 2	U16B	F
<b>10.00am</b>		
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
<b>11.00am</b>		
Javelin	U14G	F
Discus	U19G	F
<b>Key (for track and field events)</b>		
<i>U = Under</i>	<i>O = Open</i>	
<i>B = Boys</i>	<i>G = Girls</i>	
<i>Jnr Boys = U16 and younger</i>		
<i>Snr Boys = Age 16 and over</i>		
<i>PA = Para Athlete events</i>		
<i>hts = heats</i>	<i>F = Final</i>	
<i>S/Ch = Steeple Chase</i>		