

2017 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, JB, SB)(*no MB heats)		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	
11:10 am	1500m (final) (MG, MB, JG, JB, SG, SB)		JG	Discus	
			JB	Triple Jump	
			SG	Javelin	SG Pole Vault
			SB	High Jump	
Officials shift two:					
12:10 pm	400m (final) (MG, MB, JG, JB, SG, SB)	12:00 pm	MG	High Jump	MG Pole Vault
			MB	Javelin	
12:40 pm	Sprint Hurdles (final) (MG, JG, SG, MB, JB, SB)		JG	Long Jump	
			JB	Shot Put	
1:10 pm	100 m (final) (MG, MB, JG, JB, SG, SB) (AmG,AmB,I.I.G,I.I.B)		SG	Triple Jump	
			SB	Discus	
1:40 pm	Intermediate Hurdles (timed sections) (MG, JG, SG, MB, JB, SB)	1:15 pm	MG	Javelin	
			MB	High Jump	
2:25 pm	200m (timed sections) (MG, MB, JG, JB, SG, SB) (WCG- WCB)		JG	Shot Put	
			JB	Long Jump	JB Pole Vault
			SG	Discus	
			SB	Triple Jump	
Officials shift three:		2:30 pm	MG	Triple Jump	
3:10 pm	800m (timed sections) (MG, MB, JG, JB, SG, SB) (AmG, AmB,I.I.G,I.I.B)		MB	Discus	
			JG	High Jump	
			JB	Javelin	
			SG	Long Jump	
			SB	Shot Put	SB Pole Vault
3:50 pm	3000m (final) (MG, MB, JG, JB, SG, SB)	3:45 pm	MG	Discus	
			MB	Triple Jump	MB Pole Vault
5:10 pm	4x100m relay (timed sections) (SG, SB, JG, JB, MG, MB)		JG	Javelin	
			JB	High Jump	
			SG	Shot Put	
			SB	Long Jump	
	4x400m relay (timed sections) OG, OB				