

SOUTH ZONE JUNIOR HIGH TRACK AND FIELD SCHEDULE - 2023

TIME	BANTAM GIRLS	BANTAM BOYS	MIDGET GIRLS	MIDGET BOYS	JUVENILE GIRLS	JUVENILE BOYS	TIME
9:00	3000 M Final High Jump	Discus	Javelin	Long Jump	Triple Jump	Shot Put	9:00
9:20			3000 M Final				9:20
9:40					3000 M Final		9:40
10:00		3000M Final					10:00
10:15	Shot Put	Triple Jump	High Jump	Discus	Javelin	Long Jump	10:15
10:20				3000M Final			10:20
10:40						3000M Final	10:40
11:00	Hurdle Finals						11:00
11:05		Hurdle Finals					11:05
11:10			Hurdle Finals				11:10
11:15					Hurdle Finals		11:15
11:20				Hurdle Finals			11:20
11:25						Hurdle Finals	11:25
11:30	100 M Heats						11:30
11:35	Long Jump	Javelin	Shot Put 100M Heats	Triple Jump	High Jump	Discus	11:35
11:40					100 M Heats		11:40
11:45		100 M Heats					11:45
11:50				100 M Heats			11:50
11:55						100 M Heats	11:55
12:00	400 M Finals						12:00
12:10			400 M Finals				12:10
12:20					400 M Finals		12:20
12:30		400 M Finals (2)					12:30
12:40				400M Finals			12:40
12:50	Discus	High Jump	Long Jump	Javelin	Shot Put	Triple Jump 400 M Finals	12:50
1:00	200M Finals						1:00
1:10			200M Finals				1:10

TIME	BANTAM GIRLS	BANTAM BOYS	MIDGET GIRLS	MIDGET BOYS	JUVENILE GIRLS	JUVENILE BOYS	TIME
2:00	800 M Final						2:00
2:05	Triple Jump	Shot Put	Discus 800 M Final	High Jump	Long Jump	Javelin	2:05
2:10					800 M Final		2:10
2:15		800 M Final					2:15
2:20				800 M Final			2:20
2:25						800 M Final	2:25

2:30	100 M Final						2:30
2:35			100 M Final				2:35
2:40					100 M Final		2:40
2:45		100M Final					2:45
2:50				100 M Final			2:50
2:55						100 M Final	2:55
3:00	1500 M Final						3:00
3:10	Javelin	Long Jump	Triple Jump 1500 M Final	Shot Put	Discus	High Jump	3:10
3:20					1500 M Final		3:20
3:30		1500 M Final					3:30
3:40				1500 M Final			3:40
3:50						1500 M Final	3:50
4:00	4x100 Relay						4:00
4:05			4x100 Relay				4:05
4:10					4x100 Relay		4:10
4:15		4x100 Relay					4:15
4:20				4x100 Relay			4:20
4:25						4x100 Relay	4:25
4:35	Girls 4x400 Open Relay						4:35
4:45	Boys 4x400 Open Relay						4:45