

# GISST Track and Field timetable

Friday, June 8 – Day 1

Time	Track Events		Field			
10:00	100m Heats	U14 G	10:00			VB Shot
10:15		U14 B	10:15			
10:30		VG	10:30			
10:45		VB	10:45	U14 B Long J		
11:00			11:00		VG High Jump	
11:15			11:15			
11:30			11:30			
11:45			11:45			
12:00	1500m Finals	U14 G	12:00			
12:15		U14 B	12:15			
12:30		VG	12:30	U14 G Discus		
12:45		VB	12:45			
13:00			13:00			
13:15			13:15			
13:30	Presentations					
13:45			13:45	VG Long		
14:00	200m Heats	U14 G	14:00			
14:15		U14 B	14:15			
14:30		VG	14:30		U14 G High J	
14:45		VB	14:45			U14 B Shot
15:00			15:00			
15:15			15:15			
15:30			15:30			
15:45			15:45			
16:00	400m Heats	U14 G	16:00	VB Discus		
16:15		U14 B	16:15			
16:30		VG	16:30			
16:45		VB	16:45			
17:00	Presentations					
17:15	4x100m Relay	U14 G	17:15			
17:30		U14 B	17:30			
17:45		VG	17:45			
18:00		VB	18:00			
18:15	Presentations					
18:30						

# GISST Track and Field timetable

## Saturday, June 9 – Day 2

Time	Track Events			Field		
08:30	3000m Finals	U14 G	08:30	VB Long	U14 B High J	U14 G Shot
08:45		U14 B	08:45			
09:00		VG	09:00			
09:15		VB	09:15			
09:30	400m Finals	U14 G	09:30	VG Discus		
09:45		U14 B	09:45			
10:00		VG	10:00			
10:15		VB	10:15			
10:30	Presentations for VB Long Jump, U14 B High Jump, U14 G Shot, VG Discus, 3000m					
10:45	100m Finals	U14 G	10:45	U14 G Long J	VB High Jump	VG Shot
		U14 B	11:00			
		VG	11:15			
		VB	11:30			
11:15	800m Finals	U14 G	11:45	U14B Discus		
		U14 B	12:00			
		VG	12:15			
		VB	12:30			
12:15	200m Finals	U14 G	12:45			
		U14 B	13:00			
		VG	13:15			
		VB	13:30			
13:45	4 x 400m Relays	U14 G	13:45			
		U14 B	14:00			
		VG	14:15			
		VB	14:30			
14:45	Presentations for U14 G Long Jump, 400m, VB High Jump, 100m, VG Shot, 800m, U14 B Discus, 200m, 4x400m Relay and Overall GISST award					