

Competition Schedule

Notes:

- **Call Room: Marshalling will take place in the “Call Room” (CR), located in the large tent next to the lower entrance. All athletes must check through the CR for all events during the meet and are asked to report 60 minutes before the scheduled start time of the event. The check-in period is 10 minutes, and officials will marshal them to the field of play 50 minutes before the start of their event.**
- **100m and 200m, advancement to A Final: top 2 finishers plus the next 4 fastest times; everyone else will run B final; check-in times for the A and B finals are 20 minutes before the scheduled start times**

Team Practice – Thursday, August 15, 2024

Session 1: 9:30 am - 10:15 am [AVALON, EASTERN, ST. JOHN'S/NORTH]

Session 2: 10:15 am - 11:00 am [MOUNT PEARL/SOUTH AND LABRADOR]

Session 3: 11:00 am - 11:45 am [CENTRAL AND WESTERN]

Session #1 - Thursday, August 15, 2024

2:00 pm Girls Long Jump Final

2:00 pm Boys High Jump Final

2:00 pm Boys Shot Put 5kg Final

3:00 pm Shot Put 3kg Para F/M

3:15 pm Girls SO Standing Long Jump Final

3:15 pm Boys SO Standing Long Jump Final

3:30 pm Girls 200m Heats

3:45 pm Boys 200m Heats

4:00 pm Girls / Boys 200m SO TSF

4:00 pm Girls Javelin Throw 500g Final

4:20 pm Girls 1500m Final

4:35 pm Boys 1500m Final

5:00 pm Girls 200m Final B

5:05 pm Boys 200m Final B

5:15 pm Girls 200m Final A

5:20 pm Boys 200m Final A

Session #2 - Friday, August 16, 2024

10:30 am Boys Javelin Throw 700g Final

11:00 am Girls 100mH @ 0.762m FINAL

11:15 am Boys 110mH @ 0.914m FINAL

11:30 am Girls 800m FINAL

11:45 am Boys 800m FINAL

11:45 am Girls Shot Put 3kg Final

Session #3 - Friday, August 16, 2024

2:00 pm Boys Long Jump Final

2:00 pm Girls High Jump Final

2:00 pm Boys Discus Throw 1.5kg Final

2:30 pm Girls / Boys 100m Para FINAL

2:40 pm Girls / Boys 100m SO FINAL

3:00 pm Girls 100m Heats

3:15 pm Boys 100m Heats

4:00 pm Girls Discus Throw 1kg Final

4:25 pm Girls 100m Final B

4:30 pm Boys 100m Final B

4:35 pm Girls 100m Final A

4:40 pm Boys 100m Final A

5:00 pm Girls 1600m Medley Relay (400-200-200-800) FINAL

5:15 pm Boys 1600m Medley Relay (400-200-200-800) FINAL

5:30 pm Medal Presentation at Pearlgate (Sessions 1, 2 and 3)

Session #4 - Saturday, August 17, 2024

9:30 am Girls 400m TSF

9:45 am Boys 400m TSF

10:00 am Girls / Boys 400m Para

10:15 am Girls 3000m Final

10:30 am Boys 3000m Final

11:00 am Girls 4x100m TSF

11:15 am Boys 4x100m TSF

11:25 am Girls AND Boys 4x100m Integrated Relay FINAL

Session 4 Medal Presentation will take place during the Closing Ceremony in Bay Roberts.