

2024 Nordic Sport Regional Championships: South East

Event Order

Events times may be altered up to 30 minutes on the day of competition

SATURDAY

7:30 AM

1	Boys U14 1500m Walk	Finals
2	Girls U14 1500m Walk	Finals
3	Boys U15 1500m Walk	Finals
4	Girls U15 1500m Walk	Finals
5	Boys U16 1500m Walk	Finals
6	Girls U16 1500m Walk	Finals
7	Boys U17 1500m Walk	Finals
8	Girls U17 1500m Walk	Finals
9	Boys U12 1500m Walk	Finals
10	Girls U12 1500m Walk	Finals
11	Boys U13 1500m Walk	Finals
12	Girls U13 1500m Walk	Finals
13	Boys U11 Discus	Finals
14	Girls U11 Discus	Finals

7:50 AM

15	Boys U14 Long Jump	Finals
16	Girls U14 Long Jump	Finals
17	Boys U15 Long Jump	Finals
18	Girls U15 Long Jump	Finals
19	Boys U13-14 Long Jump MC	Finals
20	Girls U13-14 Long Jump MC	Finals
21	Boys U15-17 Long Jump MC	Finals
22	Girls U15-17 Long Jump MC	Finals
23	Boys U16 Shot Put 4kg	Finals
24	Girls U16 Shot Put	Finals
25	Boys U17 Shot Put 5kg	Finals
26	Girls U17 Shot Put	Finals

7:55 AM

27	Boys U9 700m Walk	Finals
28	Girls U9 700m Walk	Finals

8:10 AM

29	Boys U10 1100m Walk	Finals
30	Girls U10 1100m Walk	Finals
31	Boys U11 1100m Walk	Finals
32	Girls U11 1100m Walk	Finals

8:30 AM

33	Boys U11 80m Hurdles	Heats
34	Girls U11 80m Hurdles	Heats
35	Boys U12 80m Hurdles	Finals
36	Girls U12 80m Hurdles	Finals
37	Boys U13 80m Hurdles	Finals
38	Girls U13 80m Hurdles	Finals
39	Boys U14 90m Hurdles	Finals
40	Girls U14 80m Hurdles	Finals
41	Girls U15 90m Hurdles	Finals
42	Girls U16 90m Hurdles	Finals
43	Boys U15 100m Hurdles	Finals
44	Boys U16 100m Hurdles	Finals
45	Girls U17 100m Hurdles	Finals
46	Boys U17 110m Hurdles	Finals
47	Boys U9 High Jump	Finals
48	Girls U9 High Jump	Finals
49	Boys U10 Discus	Finals
50	Girls U10 Discus	Finals

9:00 AM

51	Boys U13 Shot Put	Finals
52	Girls U13 Shot Put	Finals
53	Boys U13-14 Shot Put MC	Finals
54	Girls U13-14 Shot Put MC	Finals
55	Boys U15-17 Shot Put MC	Finals
56	Girls U15-17 Shot Put MC	Finals
57	Boys U12 Long Jump	Finals
58	Girls U12 Long Jump	Finals

9:10 AM

59	Boys U8 100m	Finals
60	Girls U8 100m	Finals
61	Boys U7 100m	Finals
62	Girls U7 100m	Finals

9:30 AM

63	Boys U9 100m	Heats
64	Girls U9 100m	Heats
65	Boys U10 100m	Heats
66	Girls U10 100m	Heats
67	Boys U14 Discus	Finals
68	Girls U14 Discus	Finals
69	Boys U15 Discus	Finals
70	Girls U15 Discus	Finals

9:45 AM

71	Boys U13 High Jump	Finals
72	Girls U13 High Jump	Finals
73	Boys U9-10 Shot Put MC	Finals
74	Girls U9-10 Shot Put MC	Finals
75	Boys U11-12 Shot Put MC	Finals
76	Girls U11-12 Shot Put MC	Finals

10:00 AM

77	Boys U9 Shot Put	Finals
78	Girls U9 Shot Put	Finals
79	Boys U16 Triple Jump	Finals
80	Girls U16 Triple Jump	Finals
81	Boys U17 Triple Jump	Finals
82	Girls U17 Triple Jump	Finals

10:10 AM

83	Boys U11 80m Hurdles	Finals
84	Girls U11 80m Hurdles	Finals

10:45 AM

85	Boys U9 100m	Finals
86	Girls U9 100m	Finals
87	Boys U10 100m	Finals
88	Girls U10 100m	Finals
89	Boys U8 Shot Put	Finals
90	Girls U8 Shot Put	Finals

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11:00 AM

91	Boys U14 400m	Finals
92	Girls U14 400m	Finals
93	Boys U15 400m	Finals
94	Girls U15 400m	Finals
95	Boys U13 400m	Finals
96	Girls U13 400m	Finals
97	Boys U9-10 400m MC	Finals
98	Girls U9-10 400m MC	Finals
99	Boys U11-12 400m MC	Finals
100	Girls U11-12 400m MC	Finals
101	Boys U13-14 400m MC	Finals
102	Girls U13-14 400m MC	Finals
103	Boys U15-17 400m MC	Finals
104	Girls U15-17 400m MC	Finals
105	Boys U16 400m	Finals
106	Girls U16 400m	Finals
107	Boys U17 400m	Finals
108	Girls U17 400m	Finals
109	Boys U11 Long Jump	Finals
110	Girls U11 Long Jump	Finals
111	Boys U12 Discus	Finals
112	Girls U12 Discus	Finals

11:15 AM

113	Boys U14 High Jump	Finals
114	Girls U14 High Jump	Finals
115	Boys U15 High Jump	Finals
116	Girls U15 High Jump	Finals

11:30 AM

117	Boys U12 400m	Finals
118	Girls U12 400m	Finals
119	Boys U10 400m	Finals
120	Girls U10 400m	Finals
121	Boys U9 400m	Finals
122	Girls U9 400m	Finals
123	Boys U8 Discus	Finals
124	Girls U8 Discus	Finals
125	Boys U7 Shot Put	Finals
126	Girls U7 Shot Put	Finals

12:00 PM

127	Boys U11 400m	Finals
128	Girls U11 400m	Finals
129	Boys U13 Long Jump	Finals
130	Girls U13 Long Jump	Finals
131	Girls U16 Javelin	Finals
132	Boys U16 Javelin	Finals
133	Girls U17 Javelin	Finals
134	Boys U17 Javelin	Finals

12:30 PM

135	Boys U7 200m	Finals
136	Girls U7 200m	Finals
137	Boys U8 200m	Finals
138	Girls U8 200m	Finals
139	Boys U12 Javelin	Finals
140	Girls U12 Javelin	Finals

12:50 PM

141	Boys U13 200m Hurdles	Finals
142	Girls U13 200m Hurdles	Finals
143	Boys U14 200m Hurdles	Finals
144	Girls U14 200m Hurdles	Finals

1:00 PM

145	Boys U10 Long Jump	Finals
146	Girls U10 Long Jump	Finals
147	Boys U13 Javelin	Finals
148	Girls U13 Javelin	Finals
149	Boys U13-14 Javelin MC	Finals
150	Girls U13-14 Javelin MC	Finals
151	Boys U15-17 Javelin MC	Finals
152	Girls U15-17 Javelin MC	Finals

1:05 PM

153	Boys U17 300m Hurdles	Finals
154	Girls U17 300m Hurdles	Finals
155	Boys U16 300m Hurdles	Finals
156	Girls U16 300m Hurdles	Finals
157	Boys U15 300m Hurdles	Finals
158	Girls U15 300m Hurdles	Finals

1:30 PM

159	Boys U12 800m	Finals
160	Girls U12 800m	Finals
161	Boys U9-10 800m MC	Finals
162	Girls U9-10 800m MC	Finals
163	Boys U11-12 800m MC	Finals
164	Girls U11-12 800m MC	Finals
165	Boys U13-14 800m MC	Finals
166	Girls U13-14 800m MC	Finals
167	Boys U15-17 800m MC	Finals
168	Girls U15-17 800m MC	Finals
169	Boys U11 800m	Finals
170	Girls U11 800m	Finals
171	Boys U15 800m	Finals
172	Girls U15 800m	Finals
173	Boys U16 800m	Finals
174	Girls U16 800m	Finals
175	Boys U17 800m	Finals
176	Girls U17 800m	Finals
177	Boys U13 800m	Finals
178	Girls U13 800m	Finals
179	Boys U14 800m	Finals
180	Girls U14 800m	Finals

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SUNDAY

7:30 AM

181	Boys U15 1500m	Finals
182	Girls U15 1500m	Finals
183	Boys U16 1500m	Finals
184	Girls U16 1500m	Finals
185	Boys U17 1500m	Finals
186	Girls U17 1500m	Finals
187	Boys U14 1500m	Finals
188	Girls U14 1500m	Finals
189	Boys U13 1500m	Finals
190	Girls U13 1500m	Finals
191	Boys U12 1500m	Finals
192	Girls U12 1500m	Finals
193	Boys U11 1500m	Finals
194	Girls U11 1500m	Finals
195	Boys U9 Long Jump	Finals
196	Girls U9 Long Jump	Finals
197	Boys U9-10 Long Jump MC	Finals
198	Girls U9-10 Long Jump MC	Finals
199	Boys U11-12 Long Jump MC	Finals
200	Girls U11-12 Long Jump MC	Finals
201	Boys U10 High Jump	Finals
202	Girls U10 High Jump	Finals

7:40 AM

203	Boys U16 Discus	Finals
204	Girls U16 Discus	Finals
205	Boys U17 Discus	Finals
206	Girls U17 Discus	Finals

8:30 AM

207	Boys U9 800m	Finals
208	Girls U9 800m	Finals
209	Boys U10 800m	Finals
210	Girls U10 800m	Finals
211	Boys U16 Long Jump	Finals
212	Girls U16 Long Jump	Finals
213	Boys U17 Long Jump	Finals
214	Girls U17 Long Jump	Finals
215	Boys U13 Discus	Finals
216	Girls U13 Discus	Finals
217	Boys U13-14 Discus MC	Finals
218	Girls U13-14 Discus MC	Finals
219	Boys U15-17 Discus MC	Finals
220	Girls U15-17 Discus MC	Finals
221	Boys U14 Shot Put	Finals
222	Girls U14 Shot Put	Finals
223	Boys U15 Shot Put 4kg	Finals
224	Girls U15 Shot Put	Finals

8:45 AM

225	Boys U12 High Jump	Finals
226	Girls U12 High Jump	Finals

8:50 AM

227	Boys U8 60m Hurdles	Finals
228	Girls U8 60m Hurdles	Finals
229	Boys U9 60m Hurdles	Heats
230	Girls U9 60m Hurdles	Heats
231	Boys U10 60m Hurdles	Heats
232	Girls U10 60m Hurdles	Heats

9:30 AM

233	Boys U11 100m	Heats
234	Girls U11 100m	Heats
235	Boys U12 100m	Heats
236	Girls U12 100m	Heats
237	Boys U13 100m	Heats
238	Girls U13 100m	Heats
239	Boys U14 100m	Finals
240	Girls U14 100m	Heats
241	Boys U15 100m	Finals
242	Girls U15 100m	Finals
243	Boys U16 100m	Finals
244	Girls U16 100m	Finals
245	Boys U17 100m	Finals
246	Girls U17 100m	Finals
247	Girls U9-10 100m MC	Finals
248	Boys U9-10 100m MC	Finals
249	Girls U11-12 100m MC	Finals
250	Boys U11-12 100m MC	Finals
251	Boys U13-14 100m MC	Finals
252	Girls U13-14 100m MC	Finals
253	Boys U15-17 100m MC	Finals
254	Girls U15-17 100m MC	Finals
255	Boys U8 Long Jump	Finals
256	Girls U8 Long Jump	Finals
257	Boys U9 Discus	Finals
258	Girls U9 Discus	Finals
259	Boys U9-10 Discus MC	Finals
260	Girls U9-10 Discus MC	Finals
261	Boys U11-12 Discus MC	Finals
262	Girls U11-12 Discus MC	Finals

9:45 AM

263	Boys U11 High Jump	Finals
264	Girls U11 High Jump	Finals

10:00 AM

265	Boys U12 Shot Put	Finals
266	Girls U12 Shot Put	Finals

10:30 AM

267	Boys U10 60m Hurdles	Finals
268	Girls U10 60m Hurdles	Finals
269	Boys U9 60m Hurdles	Finals
270	Girls U9 60m Hurdles	Finals
271	Boys U7 Long Jump	Finals
272	Girls U7 Long Jump	Finals

10:45 AM

273	Boys U11 100m	Finals
274	Girls U11 100m	Finals
275	Boys U12 100m	Finals
276	Girls U12 100m	Finals
277	Boys U13 100m	Finals
278	Girls U13 100m	Finals
279	Girls U14 100m	Finals

11:00 AM

280	Boys U11 Shot Put	Finals
281	Girls U11 Shot Put	Finals

11:10 AM

282	Boys U10 70m	Heats
283	Girls U10 70m	Heats
284	Boys U9 70m	Heats
285	Girls U9 70m	Heats

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11:15 AM

286	Boys U16 High Jump	Finals
287	Girls U16 High Jump	Finals
288	Boys U17 High Jump	Finals
289	Girls U17 High Jump	Finals
290	Girls U14 Triple Jump	Finals
291	Boys U14 Triple Jump	Finals
292	Girls U15 Triple Jump	Finals
293	Boys U15 Triple Jump	Finals

11:30 AM

294	Boys U8 70m	Finals
295	Girls U8 70m	Finals
296	Boys U7 70m	Finals
297	Girls U7 70m	Finals

11:50 AM

298	Boys U10 70m	Finals
299	Girls U10 70m	Finals
300	Boys U9 70m	Finals
301	Girls U9 70m	Finals

12:00 PM

302	Boys U17 200m	Finals
303	Girls U17 200m	Finals
304	Boys U16 200m	Finals
305	Girls U16 200m	Finals
306	Boys U9-10 200m MC	Finals
307	Girls U9-10 200m MC	Finals
308	Boys U11-12 200m MC	Finals
309	Girls U11-12 200m MC	Finals
310	Boys U13-14 200m MC	Finals
311	Girls U13-14 200m MC	Finals
312	Boys U15-17 200m MC	Finals
313	Girls U15-17 200m MC	Finals
314	Boys U7 Discus	Finals
315	Girls U7 Discus	Finals

12:10 PM

316	Boys U11 200m	Heats
317	Girls U11 200m	Heats
318	Boys U13 200m	Heats
319	Girls U13 200m	Heats
320	Boys U12 200m	Heats
321	Girls U12 200m	Heats

12:30 PM

322	Boys U11 Triple Jump	Finals
323	Girls U11 Triple Jump	Finals

12:40 PM

324	Boys U15 200m	Finals
325	Girls U15 200m	Finals
326	Boys U14 200m	Finals
327	Girls U14 200m	Finals

12:50 PM

328	Boys U10 200m	Heats
329	Girls U10 200m	Heats
330	Boys U9 200m	Heats
331	Girls U9 200m	Heats

1:00 PM

332	Boys U10 Shot Put	Finals
333	Girls U10 Shot Put	Finals
334	Boys U14 Javelin	Finals
335	Girls U14 Javelin	Finals
336	Boys U15 Javelin	Finals
337	Girls U15 Javelin	Finals

1:15 PM

338	Boys U13 200m	Finals
339	Girls U13 200m	Finals
340	Boys U11 200m	Finals
341	Girls U11 200m	Finals
342	Boys U10 200m	Finals
343	Girls U10 200m	Finals
344	Boys U9 200m	Finals
345	Girls U9 200m	Finals
346	Boys U12 200m	Finals
347	Girls U12 200m	Finals
348	Boys U12 Triple Jump	Finals
349	Girls U12 Triple Jump	Finals

1:45 PM

350	Boys U13 Triple Jump	Finals
351	Girls U13 Triple Jump	Finals
352	Boys U11 Javelin	Finals
353	Girls U11 Javelin	Finals
354	Boys U11-12 Javelin MC	Finals
355	Girls U11-12 Javelin MC	Finals