

SATURDAY

10:30am

0.20

8:30a	Im	
1	Girls U11 1500m	Finals
2	Boys U11 1500m	Finals
3	Girls U14 1500m	Finals
4	Boys U14 1500m	Finals
5	Girls U15 1500m	Finals
6	Boys U15 1500m	Finals
7	Girls U16 1500m	Finals
8	Boys U16 1500m	Finals
9	Girls U17 1500m	Finals
10	Boys U17 1500m	Finals
11 12	Girls U8 Shot Put Boys U8 Shot Put	Finals Finals
12	Girls U9 High Jump	Finals
14	Boys U9 High Jump	Finals
14	Girls U10 Long Jump	Finals
16	Boys U10 Long Jump	Finals
17	Girls U9-10 Long Jump Multi-Class	Finals
18	Boys U9-10 Long Jump Multi-Class	Finals
	, , , , , , , , , , , , , , , , , , , ,	1 mats
9:00a		F ¹ 1 1
19	Girls U12 1500m	Finals
20 21	Boys U12 1500m	Finals Finals
21	Girls U13 1500m Boys U13 1500m	Finals
22	Girls U11 Discus	Finals
23 24	Boys U11 Discus	Finals
		1 mais
9:30a		
25	Girls U15 Shot Put	Finals
26	Boys U15 Shot Put	Finals
27	Girls U16 Shot Put	Finals
28	Boys U16 Shot Put	Finals
29	Girls U17 Shot Put	Finals
30 31	Boys U17 Shot Put	Finals
32	Girls U15-17 Shot Put Multi-Class	Finals Finals
33	Boys U15-17 Shot Put Multi-Class Girls U14 High Jump	Finals
33 34	Boys U14 High Jump	Finals
35	Girls U12 Long Jump	Finals
36	Boys U12 Long Jump	Finals
37	Girls U11-12 Long Jump Multi-Class	Finals
38	Boys U11-12 Long Jump Multi-Class	Finals
	, ,	1 mats
9:45a		11
39	Girls U9 60m Hurdles	Heats
40	Boys U9 60m Hurdles	Heats
41 42	Girls U8 60m Hurdles Boys U8 60m Hurdles	Finals
4Z 43	Girls U10 60m Hurdles	Finals
43 44	Boys U10 60m Hurdles	Heats Heats
44	Boys 010 bolli Hurdles	neals
10:00		
45	Girls U13 Discus	Finals
46	Boys U13 Discus	Finals
10:15	iam	
47	Girls U11 80m Hurdles	Heats
48	Boys U11 80m Hurdles	Heats
49	Girls U12 80m Hurdles	Heats

50 Boys U12 80m Hurdles

Heats

51 52 53 54 55 56 57 58	Girls U15 High Jump Boys U15 High Jump Girls U16 High Jump Boys U16 High Jump Girls U17 High Jump Boys U17 High Jump Girls U7 Long Jump Boys U7 Long Jump	Finals Finals Finals Finals Finals Finals Finals Finals
10:45		
59	Girls U9 100m	Heats
60	Boys U9 100m	Heats
61 62	Girls U8 100m Boys U8 100m	Finals Finals
63		Heats
64		Heats
65	Girls U13 100m	Heats
66	Boys U13 100m	Heats
67	Girls U14 100m	Finals
68 69	Boys U14 100m Girls U13-14 100m Multi-Class	Finals Finals
70	Boys U13-14 100m Multi-Class	Finals
11:00	•	
71		Finals
72	Boys U10 Discus	Finals
73	Girls U9-10 Discus Multi-Class	Finals
74	Boys U9-10 Discus Multi-Class	Finals
75 76	Girls U9 Shot Put Boys U9 Shot Put	Finals Finals
	-	T mats
11:30 77	Girls U11 High Jump 0.90	Finals
78	Boys U11 High Jump 0.95	Finals
11:45		
79		Heats
80		Heats
81		Finals
82	Boys U11-12 100m Multi-Class	Finals
83	Girls U10 100m	Heats
84 85	Boys U10 100m Girls U9-10 100m Multi-Class	Heats Finals
86	Boys U9-10 100m Multi-Class	Finals
87	Girls U15 100m	Finals
88	Boys U15 100m	Finals
89	Girls U16 100m	Finals
90 91	Boys U16 100m Girls U17 100m	Finals Finals
92	Boys U17 100m	Finals
93	Girls U15-17 100m Multi-Class	Finals
94	Boys U15-17 100m Multi-Class	Finals
95	Girls U7 100m	Finals
		,
96 97	Boys U7 100m Girls U8 Long Jump	Finals Finals
96 97 98	Boys U7 100m Girls U8 Long Jump Boys U8 Long Jump	Finals Finals Finals



2024 Nordic Sport Regional Championships: Met West Event Order

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

12:00pm	
99 Girls U12 Discus	Finals
100 Boys U12 Discus	Finals
101 Girls U11-12 Discus Multi-Class	Finals
102 Boys U11-12 Discus Multi-Class	Finals
•	1 mats
12:30pm	
103 Girls U13 200m Hurdles	Finals
104 Boys U13 200m Hurdles	Finals
105 Girls U14 200m Hurdles	Finals
106 Boys U14 200m Hurdles	Finals
107 Girls U15 300m Hurdles	Finals
108 Boys U15 300m Hurdles	Finals
109 Girls U16 300m Hurdles	Finals
110 Boys U16 300m Hurdles	Finals
111 Girls U17 300m Hurdles	Finals
112 Boys U17 300m Hurdles	Finals
12:45pm	
113 Girls U7 Shot Put	Finals
114 Boys U7 Shot Put	Finals
115 Girls U11 Triple Jump	Finals
116 Boys U11 Triple Jump	Finals
	1 mats
1:00pm	
117 Girls U12 400m	Finals
118 Boys U12 400m	Finals
119 Girls U11-12 400m Multi-Class	Finals
120 Boys U11-12 400m Multi-Class	Finals
121 Girls U13 400m	Finals
122 Boys U13 400m	Finals
123 Girls U14 400m	Finals
124 Boys U14 400m	Finals
125 Girls U13-14 400m Multi-Class	Finals
126 Boys U13-14 400m Multi-Class	Finals
127 Girls U11 400m	Finals
128 Boys U11 400m	Finals
1:15pm	
129 Girls U12 Javelin	Finals
130 Boys U12 Javelin	Finals
131 Girls U11-12 Javelin Multi-Class	Finals
132 Boys U11-12 Javelin Multi-Class	Finals
•	i mats
1:30pm	
133 Girls U14 Shot Put	Finals
134 Boys U14 Shot Put	Finals
135 Girls U13-14 Shot Put Multi-Class	Finals
136 Boys U13-14 Shot Put Multi-Class	Finals
137 Girls U13 Long Jump	Finals
138 Boys U13 Long Jump	Finals

1:45pm	
139 Girls U15 400m	Finals
140 Boys U15 400m	Finals
141 Girls U16 400m	Finals
142 Boys U16 400m	Finals
143 Girls U17 400m	Finals
144 Boys U17 400m	Finals
145 Girls U15-17 400m Multi-Class	Finals
146 Boys U15-17 400m Multi-Class	Finals
147 Girls U9 400m	Finals
148 Boys U9 400m	Finals
149 Girls U10 400m	Finals
150 Boys U10 400m	Finals
151 Girls U9-10 400m Multi-Class	Finals
152 Boys U9-10 400m Multi-Class	Finals
2:00pm	
153 Girls U15 Javelin	Finals
154 Boys U15 Javelin	Finals
155 Girls U16 Javelin	Finals
156 Boys U16 Javelin	Finals
157 Girls U17 Javelin	Finals
158 Boys U17 Javelin	Finals
159 Girls U15-17 Javelin Multi-Class	Finals
160 Boys U15-17 Javelin Multi-Class	Finals
	i mats
2:30pm	
161 Girls U9 60m Hurdles	Finals
162 Boys U9 60m Hurdles	Finals
163 Girls U10 60m Hurdles	Finals
164 Boys U10 60m Hurdles	Finals
165 Girls U11 80m Hurdles	Finals
166 Boys U11 80m Hurdles	Finals
167 Girls U12 80m Hurdles	Finals
168 Boys U12 80m Hurdles	Finals
169 Girls U9 100m	Finals
170 Boys U9 100m	Finals
171 Girls U10 100m	Finals
172 Boys U10 100m	Finals
173 Girls U11 100m	Finals
173 Girls U11 100m 174 Boys U11 100m	Finals Finals
173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m	Finals Finals Finals
173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m	Finals Finals Finals Finals
173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m	Finals Finals Finals Finals Finals
 173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m 178 Boys U13 100m 	Finals Finals Finals Finals Finals Finals
 173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m 178 Boys U13 100m 179 Girls U14 Triple Jump 	Finals Finals Finals Finals Finals Finals Finals
 173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m 178 Boys U13 100m 	Finals Finals Finals Finals Finals Finals
 173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m 178 Boys U13 100m 179 Girls U14 Triple Jump 	Finals Finals Finals Finals Finals Finals Finals
 173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m 178 Boys U13 100m 179 Girls U14 Triple Jump 180 Boys U14 Triple Jump 	Finals Finals Finals Finals Finals Finals Finals
173 Girls U11 100m 174 Boys U11 100m 175 Girls U12 100m 176 Boys U12 100m 177 Girls U13 100m 178 Boys U13 100m 179 Girls U14 Triple Jump 180 Boys U14 Triple Jump 2:45pm	Finals Finals Finals Finals Finals Finals Finals Finals



SUNDAY

Finals

Finals

Finals

Finals

Finals

Finals

Finals

Finals

Finals

Finals

Finals

10:00am

8:30am 183 Girls U12 800m 184 Boys U12 800m 185 Girls U11-12 800m Multi-Class 186 Boys U11-12 800m Multi-Class 187 Girls U10 800m 188 Boys U10 800m 189 Girls U9-10 800m Multi-Class 190 Boys U9-10 800m Multi-Class 191 Girls U14 Discus 192 Boys U14 Discus 193 Girls U13-14 Discus Multi-Class 194 Boys U13-14 Discus Multi-Class 195 Girls U13 Shot Put 196 Boys U13 Shot Put 197 Girls U15 Long Jump 198 Boys U15 Long Jump 199 Girls U16 Long Jump 200 Boys U16 Long Jump 201 Girls U17 Long Jump 202 Boys U17 Long Jump 203 Girls U15-17 Long Jump Multi-Class 204 Boys U15-17 Long Jump Multi-Class 9:00am 205 Girls U11 800m

206 Boys U11 800m	Finals
207 Girls U9 800m	Finals
208 Boys U9 800m	Finals
-	
9:15am	
209 Girls U8 Discus	Finals
210 Boys U8 Discus	Finals
9:30am	
211 Girls U15 800m	Finals
212 Boys U15 800m	Finals
213 Girls U16 800m	Finals
214 Boys U16 800m	Finals
215 Girls U17 800m	Finals
216 Boys U17 800m	Finals
217 Girls U15-17 800m Multi-Class	Finals
218 Boys U15-17 800m Multi-Class	Finals
219 Girls U13 800m	Finals
220 Boys U13 800m	Finals
221 Girls U14 800m	Finals
222 Boys U14 800m	Finals
223 Girls U13-14 800m Multi-Class	Finals
224 Boys U13-14 800m Multi-Class	Finals
225 Girls U10 Shot Put	Finals
226 Boys U10 Shot Put	Finals
227 Girls U9-10 Shot Put Multi-Class	Finals
228 Boys U9-10 Shot Put Multi-Class	Finals
229 Girls U11 Long Jump	Finals
230 Boys U11 Long Jump	Finals
231 Girls U12 High Jump	Finals

232 Boys U12 High Jump

10:00	am	
234 235 236 237 238 239	Girls U7 70m Boys U7 70m Girls U9 70m Boys U9 70m Girls U8 70m Boys U8 70m Girls U10 70m Boys U10 70m	Finals Finals Heats Heats Finals Finals Heats Heats
242 243 244 245 246 247	am Girls U7 Discus Boys U7 Discus Girls U12 Shot Put Boys U12 Shot Put Girls U11-12 Shot Put Multi-Class Boys U11-12 Shot Put Multi-Class Girls U9 Long Jump Boys U9 Long Jump	Finals Finals Finals Finals Finals Finals Finals Finals
1 0:45 249 250		Heats Heats Finals
252 253 254 255 256 257	Boys U14 90m Hurdles Girls U15 90m Hurdles Girls U16 90m Hurdles Boys U15 100m Hurdles Boys U16 100m Hurdles Girls U17 100m Hurdles Boys U17 110m Hurdles	Finals Finals Finals Finals Finals Finals Finals Finals
11:00	-	Heats
260 261 262 263 264 265 266 267 268 269 270	Boys U11 200m Girls U8 200m Boys U8 200m Girls U13 200m Boys U13 200m Girls U14 200m Boys U14 200m Girls U13-14 200m Multi-Class Boys U13-14 200m Multi-Class Girls U10 High Jump Boys U10 High Jump	Heats Finals Finals Heats Finals Finals Finals Finals Finals Finals
272 273 274 275 276 277	am Girls U9 Discus Boys U9 Discus Girls U11 Shot Put Boys U11 Shot Put Girls U14 Long Jump Boys U14 Long Jump Girls U13-14 Long Jump Multi-Class Boys U13-14 Long Jump Multi-Class	



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

11:45am	
279 Girls U15-17 200m Multi-Class	Finals
280 Boys U15-17 200m Multi-Class	
281 Boys U7 200m	Finals
282 Girls U7 200m	Finals
283 Girls U15 200m	Finals
284 Boys U15 200m	Finals
285 Girls U16 200m	Finals
286 Boys U16 200m	Finals
287 Girls U17 200m	Finals
288 Boys U17 200m	Finals
•	
12:00pm	
289 Girls U12 200m	Heats
290 Boys U12 200m	Heats
291 Girls U11-12 200m Multi-Class	
292 Boys U11-12 200m Multi-Class	Finals
293 Girls U10 200m	Heats
294 Boys U10 200m	Heats
295 Girls U9-10 200m Multi-Class	
296 Boys U9-10 200m Multi-Class	
297 Girls U9 200m	Heats
298 Boys U9 200m	Heats
12:15pm	
299 Girls U15 Discus	Finals
300 Boys U15 Discus	Finals
301 Girls U16 Discus	Finals
302 Boys U16 Discus	Finals
303 Girls U17 Discus	Finals
304 Boys U17 Discus	Finals
305 Girls U15-17 Discus Multi-Class	
306 Boys U15-17 Discus Multi-Class	
12:30pm	
307 Girls U13 High Jump	Finals
308 Boys U13 High Jump	Finals
309 Girls U11 Javelin	Finals
310 Boys U11 Javelin	Finals
311 Girls U12 Triple Jump	Finals
312 Boys U12 Triple Jump	Finals
1:00pm	
313 Girls U13 80m Hurdles	Finals
314 Boys U13 80m Hurdles	Finals
315 Girls U10 70m	Finals
316 Boys U10 70m	Finals
317 Girls U9 70m	Finals
318 Boys U9 70m	Finals
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1:15pm	
319 Girls U15 Triple Jump	Finals
320 Boys U15 Triple Jump	Finals
321 Girls U16 Triple Jump	Finals
322 Boys U16 Triple Jump	Finals
323 Girls U17 Triple Jump	Finals
324 Boys U17 Triple Jump	Finals
1:30pm	
325 Girls U10 200m	Finals
326 Boys U10 200m	Finals
327 Girls U9 200m	Finals
328 Boys U9 200m	Finals
329 Girls U11 200m	Finals
330 Boys U11 200m	Finals
331 Girls U12 200m	Finals
332 Boys U12 200m	Finals
333 Girls U13 200m	Finals
334 Boys U13 200m	Finals
335 Girls U14 Javelin	Finals
336 Boys U14 Javelin	Finals
337 Girls U13-14 Javelin Multi-Class	Finals
338 Boys U13-14 Javelin Multi-Class	Finals
	1 mats
2:00pm	
339 Girls U10 1100m Walk	Finals
340 Boys U10 1100m Walk	Finals
341 Girls U11 1100m Walk	Finals
342 Boys U11 1100m Walk	Finals
343 Girls U9 700m Walk	Finals
344 Boys U9 700m Walk	Finals
345 Girls U13 Triple Jump	Finals
346 Boys U13 Triple Jump	Finals
2:30pm	
347 Girls U12 1500m Walk	Finals
348 Boys U12 1500m Walk	Finals
349 Girls U13 1500m Walk	Finals
350 Boys U13 1500m Walk	Finals
351 Girls U14 1500m Walk	Finals
352 Boys U14 1500m Walk	Finals
353 Girls U15 1500m Walk	Finals
354 Boys U15 1500m Walk	Finals
355 Girls U16 1500m Walk	Finals
356 Boys U16 1500m Walk	Finals
357 Girls U17 1500m Walk	Finals
358 Boys U17 1500m Walk	Finals