



# 2024 Nordic Sport Regional Championships: South Coast Event Order

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

## FRIDAY

### 5:00pm

|                         |        |                          |        |
|-------------------------|--------|--------------------------|--------|
| 1. Girls U9 700m Walk   | Finals | 10. Boys U15 1500m Walk  | Finals |
| 2. Boys U9 700m Walk    | Finals | 11. Boys U16 1500m Walk  | Finals |
| 3. Girls U10 1100m Walk | Finals | 12. Boys U17 1500m Walk  | Finals |
| 4. Boys U10 1100m Walk  | Finals | 13. Girls U12 1500m Walk | Finals |
| 5. Girls U11 1100m Walk | Finals | 14. Girls U13 1500m Walk | Finals |
| 6. Boys U11 1100m Walk  | Finals | 15. Girls U14 1500m Walk | Finals |
| 7. Boys U12 1500m Walk  | Finals | 16. Girls U15 1500m Walk | Finals |
| 8. Boys U13 1500m Walk  | Finals | 17. Girls U16 1500m Walk | Finals |
| 9. Boys U14 1500m Walk  | Finals | 18. Girls U17 1500m Walk | Finals |

## SATURDAY

### 8:00am

|  |        |
|--|--------|
| 19. Girls U9 400m                      | Finals |
| 20. Boys U9 400m                       | Finals |
| 21. Girls U11 400m                     | Finals |
| 22. Boys U11 400m                      | Finals |
| 23. Girls U12 400m                     | Finals |
| 24. Boys U12 400m                      | Finals |
| 25. Girls U11-12 400m Multi-Class      | Finals |
| 26. Boys U11-12 400m Multi-Class       | Finals |
| 27. Girls U13 400m                     | Finals |
| 28. Boys U13 400m                      | Finals |
| 29. Girls U10 400m                     | Finals |
| 30. Boys U10 400m                      | Finals |
| 31. Girls U9-10 400m Multi-Class       | Finals |
| 32. Boys U9-10 400m Multi-Class        | Finals |
| 33. Girls U14 400m                     | Finals |
| 34. Boys U14 400m                      | Finals |
| 35. Girls U13-14 400m Multi-Class      | Finals |
| 36. Boys U13-14 400m Multi-Class       | Finals |
| 37. Girls U15 400m                     | Finals |
| 38. Boys U15 400m                      | Finals |
| 39. Girls U16 400m                     | Finals |
| 40. Boys U16 400m                      | Finals |
| 41. Girls U17 400m                     | Finals |
| 42. Boys U17 400m                      | Finals |
| 43. Girls U15-17 400m Multi-Class      | Finals |
| 44. Boys U15-17 400m Multi-Class       | Finals |
| 45. Girls U14 Long Jump                | Finals |
| 46. Boys U14 Long Jump                 | Finals |
| 47. Girls U13-14 Long Jump Multi-Class | Finals |
| 48. Boys U13-14 Long Jump Multi-Class  | Finals |
| 49. Girls U10 Shot Put                 | Finals |
| 50. Boys U10 Shot Put                  | Finals |
| 51. Girls U9-10 Shot Put Multi-Class   | Finals |
| 52. Boys U9-10 Shot Put Multi-Class    | Finals |
| 53. Girls U15 Javelin                  | Finals |
| 54. Boys U15 Javelin                   | Finals |
| 55. Girls U16 Javelin                  | Finals |
| 56. Boys U16 Javelin                   | Finals |
| 57. Girls U17 Javelin                  | Finals |
| 58. Boys U17 Javelin                   | Finals |
| 59. Girls U15-17 Javelin Multi-Class   | Finals |
| 60. Boys U15-17 Javelin Multi-Class    | Finals |

### 8:15am

|                        |        |
|------------------------|--------|
| 61. Girls U9 High Jump | Finals |
| 62. Boys U9 High Jump  | Finals |

### 8:40am

|                         |        |
|-------------------------|--------|
| 63. Girls U11 Long Jump | Finals |
| 64. Boys U11 Long Jump  | Finals |

### 9:00am

|                       |        |
|-----------------------|--------|
| 65. Girls U13 Javelin | Finals |
| 66. Boys U13 Javelin  | Finals |
| 67. Girls U7 Shot Put | Finals |
| 68. Boys U7 Shot Put  | Finals |

### 9:50am

|                                   |        |
|-----------------------------------|--------|
| 69. Girls U12 100m                | Heats  |
| 70. Boys U12 100m                 | Heats  |
| 71. Girls U11-12 100m Multi-Class | Finals |
| 72. Boys U11-12 100m Multi-Class  | Finals |
| 73. Girls U14 100m                | Heats  |
| 74. Boys U14 100m                 | Heats  |
| 75. Girls U13-14 100m Multi-Class | Finals |
| 76. Boys U13-14 100m Multi-Class  | Finals |
| 77. Girls U9 100m                 | Heats  |
| 78. Boys U9 100m                  | Heats  |
| 79. Girls U7 100m                 | Finals |
| 80. Boys U7 100m                  | Finals |
| 81. Girls U8 100m                 | Finals |
| 82. Boys U8 100m                  | Finals |
| 83. Girls U15 100m                | Heats  |
| 84. Boys U15 100m                 | Heats  |
| 85. Girls U16 100m                | Heats  |
| 86. Boys U16 100m                 | Heats  |
| 87. Girls U17 100m                | Heats  |
| 88. Boys U17 100m                 | Heats  |
| 89. Girls U15-17 100m Multi-Class | Finals |
| 90. Boys U15-17 100m Multi-Class  | Finals |
| 91. Girls U13 100m                | Heats  |
| 92. Boys U13 100m                 | Heats  |
| 93. Girls U10 100m                | Heats  |
| 94. Boys U10 100m                 | Heats  |
| 95. Girls U9-10 100m Multi-Class  | Finals |
| 96. Boys U9-10 100m Multi-Class   | Finals |
| 97. Girls U11 100m                | Heats  |
| 98. Boys U11 100m                 | Heats  |



## 2024 Nordic Sport Regional Championships: South Coast Event Order

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

### 10:00am

|  |        |
|--|--------|
| 99. Girls U12 High Jump                | Finals |
| 100. Boys U12 High Jump                | Finals |
| 101. Girls U10 Long Jump               | Finals |
| 102. Boys U10 Long Jump                | Finals |
| 103. Boys U9-10 Long Jump Multi-Class  | Finals |
| 104. Girls U9-10 Long Jump Multi-Class | Finals |
| 105. Girls U15 Shot Put                | Finals |
| 106. Boys U15 Shot Put                 | Finals |
| 107. Girls U16 Shot Put                | Finals |
| 108. Boys U16 Shot Put                 | Finals |
| 109. Girls U17 Shot Put                | Finals |
| 110. Boys U17 Shot Put                 | Finals |
| 111. Girls U15-17 Shot Put Multi-Class | Finals |
| 112. Boys U15-17 Shot Put Multi-Class  | Finals |

### 10:15am

|                      |        |
|----------------------|--------|
| 113. Girls U8 Discus | Finals |
| 114. Boys U8 Discus  | Finals |

### 10:45am

|                         |        |
|-------------------------|--------|
| 115. Girls U11 Shot Put | Finals |
| 116. Boys U11 Shot Put  | Finals |

### 11:25am

|                          |        |
|--------------------------|--------|
| 117. Girls U9 Discus     | Finals |
| 118. Boys U9 Discus      | Finals |
| 119. Girls U15 High Jump | Finals |
| 120. Boys U15 High Jump  | Finals |
| 121. Girls U16 High Jump | Finals |
| 122. Boys U16 High Jump  | Finals |
| 123. Girls U17 High Jump | Finals |
| 124. Boys U17 High Jump  | Finals |

### 11:45am

|   |        |
|---|--------|
| 125. Girls U12 Long Jump                | Finals |
| 126. Boys U12 Long Jump                 | Finals |
| 127. Girls U11-12 Long Jump Multi-Class | Finals |
| 128. Boys U11-12 Long Jump Multi-Class  | Finals |

### 12:00pm

|                             |        |
|-----------------------------|--------|
| 129. Girls U15 300m Hurdles | Finals |
| 130. Boys U15 300m Hurdles  | Finals |
| 131. Girls U16 300m Hurdles | Finals |
| 132. Boys U16 300m Hurdles  | Finals |
| 133. Girls U17 300m Hurdles | Finals |
| 134. Boys U17 300m Hurdles  | Finals |
| 135. Girls U14 200m Hurdles | Finals |
| 136. Boys U14 200m Hurdles  | Finals |
| 137. Girls U13 200m Hurdles | Finals |
| 138. Boys U13 200m Hurdles  | Finals |
| 139. Girls U7 Long Jump     | Finals |
| 140. Boys U7 Long Jump      | Finals |

### 12:45pm

|                                      |        |
|--------------------------------------|--------|
| 141. Girls U14 Discus                | Finals |
| 142. Boys U14 Discus                 | Finals |
| 143. Girls U13-14 Discus Multi-Class | Finals |
| 144. Boys U13-14 Discus Multi-Class  | Finals |

### 1:00pm

|                         |        |
|-------------------------|--------|
| 145. Girls U13 Shot Put | Finals |
| 146. Boys U13 Shot Put  | Finals |

### 1:20pm

|                            |        |
|----------------------------|--------|
| 147. Girls U15 Triple Jump | Finals |
| 148. Boys U15 Triple Jump  | Finals |
| 149. Girls U16 Triple Jump | Finals |
| 150. Boys U16 Triple Jump  | Finals |
| 151. Girls U17 Triple Jump | Finals |
| 152. Boys U17 Triple Jump  | Finals |

### 1:45pm

|                        |        |
|------------------------|--------|
| 153. Girls U11 Javelin | Finals |
| 154. Boys U11 Javelin  | Finals |

### 2:00pm

|                     |        |
|---------------------|--------|
| 155. Girls U14 100m | Finals |
| 156. Boys U14 100m  | Finals |
| 157. Girls U9 100m  | Finals |
| 158. Boys U9 100m   | Finals |
| 159. Girls U12 100m | Finals |
| 160. Boys U12 100m  | Finals |
| 161. Girls U13 100m | Finals |
| 162. Boys U13 100m  | Finals |
| 163. Girls U15 100m | Finals |
| 164. Boys U15 100m  | Finals |
| 165. Girls U16 100m | Finals |
| 166. Boys U16 100m  | Finals |
| 167. Girls U17 100m | Finals |
| 168. Boys U17 100m  | Finals |
| 169. Girls U10 100m | Finals |
| 170. Boys U10 100m  | Finals |
| 171. Girls U11 100m | Finals |
| 172. Boys U11 100m  | Finals |

### 2:20pm

|                         |        |
|-------------------------|--------|
| 173. Girls U9 Long Jump | Finals |
| 174. Boys U9 Long Jump  | Finals |

### 2:45pm

|                                      |        |
|--------------------------------------|--------|
| 175. Girls U10 High Jump             | Finals |
| 176. Boys U10 High Jump              | Finals |
| 177. Girls U12 Discus                | Finals |
| 178. Boys U12 Discus                 | Finals |
| 179. Girls U11-12 Discus Multi-Class | Finals |
| 180. Boys U11-12 Discus Multi-Class  | Finals |

### 3:00pm

|                      |        |
|----------------------|--------|
| 181. Girls U13 1500m | Finals |
| 182. Boys U13 1500m  | Finals |
| 183. Girls U15 1500m | Finals |
| 184. Boys U15 1500m  | Finals |
| 185. Girls U16 1500m | Finals |
| 186. Boys U16 1500m  | Finals |
| 187. Girls U17 1500m | Finals |
| 188. Boys U17 1500m  | Finals |
| 189. Girls U11 1500m | Finals |
| 190. Boys U11 1500m  | Finals |
| 191. Girls U12 1500m | Finals |
| 192. Boys U12 1500m  | Finals |
| 193. Girls U14 1500m | Finals |
| 194. Boys U14 1500m  | Finals |

### 3:30pm

|                            |        |
|----------------------------|--------|
| 195. Girls U13 Triple Jump | Finals |
| 196. Boys U13 Triple Jump  | Finals |



## 2024 Nordic Sport Regional Championships: South Coast Event Order

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

### SUNDAY

#### 8:00am

|   |        |
|---|--------|
| 197. Girls U7 70m                       | Finals |
| 198. Boys U7 70m                        | Finals |
| 199. Girls U8 70m                       | Finals |
| 200. Boys U8 70m                        | Finals |
| 201. Girls U9 70m                       | Heats  |
| 202. Boys U9 70m                        | Heats  |
| 203. Girls U10 70m                      | Heats  |
| 204. Boys U10 70m                       | Heats  |
| 205. Girls U13 High Jump                | Finals |
| 206. Boys U13 High Jump                 | Finals |
| 207. Girls U15 Long Jump                | Finals |
| 208. Boys U15 Long Jump                 | Finals |
| 209. Girls U16 Long Jump                | Finals |
| 210. Boys U16 Long Jump                 | Finals |
| 211. Girls U17 Long Jump                | Finals |
| 212. Boys U17 Long Jump                 | Finals |
| 213. Girls U15-17 Long Jump Multi-Class | Finals |
| 214. Boys U15-17 Long Jump Multi-Class  | Finals |
| 215. Girls U12 Shot Put                 | Finals |
| 216. Boys U12 Shot Put                  | Finals |
| 217. Girls U11-12 Shot Put Multi-Class  | Finals |
| 218. Boys U11-12 Shot Put Multi-Class   | Finals |
| 219. Girls U14 Javelin                  | Finals |
| 220. Boys U14 Javelin                   | Finals |
| 221. Girls U13-14 Javelin Multi-Class   | Finals |
| 222. Boys U13-14 Javelin Multi-Class    | Finals |

#### 8:40am

|                                     |        |
|-------------------------------------|--------|
| 223. Girls U10 Discus               | Finals |
| 224. Boys U10 Discus                | Finals |
| 225. Girls U9-10 Discus Multi-Class | Finals |
| 226. Boys U9-10 Discus Multi-Class  | Finals |

#### 8:45am

|                                    |        |
|------------------------------------|--------|
| 227. Girls U7 200m                 | Finals |
| 228. Boys U7 200m                  | Finals |
| 229. Girls U8 200m                 | Finals |
| 230. Boys U8 200m                  | Finals |
| 231. Girls U12 200m                | Heats  |
| 232. Boys U12 200m                 | Heats  |
| 233. Girls U11 200m                | Heats  |
| 234. Boys U11 200m                 | Heats  |
| 235. Girls U11-12 200m Multi-Class | Finals |
| 236. Boys U11-12 200m Multi-Class  | Finals |
| 237. Girls U9 200m                 | Heats  |
| 238. Boys U9 200m                  | Heats  |
| 239. Girls U10 200m                | Heats  |
| 240. Boys U10 200m                 | Heats  |
| 241. Girls U9-10 200m Multi-Class  | Finals |
| 242. Boys U9-10 200m Multi-Class   | Finals |
| 243. Girls U14 200m                | Heats  |
| 244. Boys U14 200m                 | Heats  |
| 245. Girls U13-14 200m Multi-Class | Finals |
| 246. Boys U13-14 200m Multi-Class  | Finals |
| 247. Girls U15 200m                | Heats  |
| 248. Boys U15 200m                 | Heats  |
| 249. Girls U16 200m                | Heats  |
| 250. Boys U16 200m                 | Heats  |
| 251. Girls U17 200m                | Heats  |
| 252. Boys U17 200m                 | Heats  |

|                                    |        |
|------------------------------------|--------|
| 253. Girls U15-17 200m Multi-Class | Finals |
| 254. Boys U15-17 200m Multi-Class  | Finals |
| 255. Girls U13 200m                | Heats  |
| 256. Boys U13 200m                 | Heats  |

#### 9:30am

|                            |        |
|----------------------------|--------|
| 257. Girls U14 Triple Jump | Finals |
| 258. Boys U14 Triple Jump  | Finals |

#### 9:50am

|                                       |        |
|---------------------------------------|--------|
| 259. Girls U12 Javelin                | Finals |
| 260. Boys U12 Javelin                 | Finals |
| 261. Girls U11-12 Javelin Multi-Class | Finals |
| 262. Boys U11-12 Javelin Multi-Class  | Finals |
| 263. Girls U8 Shot Put                | Finals |
| 264. Boys U8 Shot Put                 | Finals |

#### 10:20am

|                            |        |
|----------------------------|--------|
| 265. Girls U11 Triple Jump | Finals |
| 266. Boys U11 Triple Jump  | Finals |
| 267. Girls U14 High Jump   | Finals |
| 268. Boys U14 High Jump    | Finals |

#### 10:30am

|                    |        |
|--------------------|--------|
| 269. Girls U9 70m  | Finals |
| 270. Boys U9 70m   | Finals |
| 271. Girls U10 70m | Finals |
| 272. Boys U10 70m  | Finals |

#### 11:00am

|                             |        |
|-----------------------------|--------|
| 273. Girls U10 60m Hurdles  | Heats  |
| 274. Boys U10 60m Hurdles   | Heats  |
| 275. Girls U9 60m Hurdles   | Heats  |
| 276. Boys U9 60m Hurdles    | Heats  |
| 277. Girls U8 60m Hurdles   | Finals |
| 278. Boys U8 60m Hurdles    | Finals |
| 279. Boys U17 110m Hurdles  | Heats  |
| 280. Boys U16 100m Hurdles  | Heats  |
| 281. Boys U15 100m Hurdles  | Heats  |
| 282. Girls U17 100m Hurdles | Heats  |
| 283. Girls U16 90m Hurdles  | Heats  |
| 284. Girls U15 90m Hurdles  | Heats  |
| 285. Boys U14 90m Hurdles   | Heats  |
| 286. Girls U14 80m Hurdles  | Heats  |
| 287. Boys U13 80m Hurdles   | Heats  |
| 288. Girls U13 80m Hurdles  | Heats  |
| 289. Boys U12 80m Hurdles   | Heats  |
| 290. Girls U12 80m Hurdles  | Heats  |
| 291. Boys U11 80m Hurdles   | Heats  |
| 292. Girls U11 80m Hurdles  | Heats  |

#### 11:40am

|                                      |        |
|--------------------------------------|--------|
| 293. Girls U15 Discus                | Finals |
| 294. Boys U15 Discus                 | Finals |
| 295. Girls U16 Discus                | Finals |
| 296. Boys U16 Discus                 | Finals |
| 297. Girls U17 Discus                | Finals |
| 298. Boys U17 Discus                 | Finals |
| 299. Girls U15-17 Discus Multi-Class | Finals |
| 300. Boys U15-17 Discus Multi-Class  | Finals |

#### 11:55am

|                          |        |
|--------------------------|--------|
| 301. Girls U13 Long Jump | Finals |
| 302. Boys U13 Long Jump  | Finals |

