

Track Events Schedule

This is a rolling schedule. Events may start early if the previous event is finished.

<p>9:30am Opening Prayer</p> <p>9:40am 1200m (gang start) 3 athletes Grade 7 Boys/ Grade 7 Girls Grade 6 Boys/ Grade 6 Girls</p> <p>9:55am 1000m (gang start) 3 athletes Grade 5 Boys/ Grade 5 Girls Grade 4 Boys/ Grade 4 Girls Grade 3 Boys/ Grade 3 Girls</p> <p>10:25am 200m (6 heats) Grade 7 Boys Grade 7 Girls Grade 6 Boys Grade 6 Girls Grade 5 Boys Grade 5 Girls</p> <p>11:05am 60m (8 heats) Grade 3 Boys Grade 3 Girls Grade 4 Boys Grade 4 Girls Grade 5 Boys Grade 5 Girls</p> <p>11:20am 800m (gang start) 3 athletes per group Grade 7 Boys Grade 7 Girls Grade 6 Boys Grade 6 Girls</p> <p>11:45am 600m (gang start) 3 athletes Grade 5 Boys Grade 5 Girls Grade 4 Boys Grade 4 Girls Grade 3 Boys Grade 3 Girls</p>	<p>12:20pm 100m (6 heats) Grade 7 Boys Grade 7 Girls Grade 6 Boys Grade 6 Girls Grade 5 Boys Grade 5 Girls Grade 4 Boys Grade 4 Girls Grade 3 Boys Grade 3 Girls</p> <p>1:10pm 300m (4 heats) Grade 7 Boys Grade 7 Girls Grade 6 Boys Grade 6 Girls</p> <p>2:00pm 4x100 relay (1 heat each) Grade 3 Boys Grade 3 Girls Grade 4 Boys Grade 4 Girls Grade 5 Boys Grade 5 Girls Grade 6 Boys Grade 6 Girls Grade 7 Boys Grade 7 Girls Grade 3 mixed Grade 4 mixed Grade 5 mixed Grade 6 mixed Grade 7 Mixed</p>
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Field Events Schedule

These are the initial start times. Field events will be announced in this order. Once the grade has completed their event, the next grade will be called. If you have a track event and a field event at the same time, please report to field event, finish track event and go back to your field event. Try to get one throw or jump in before your track event so you have something to count towards the final results. Once the field event has been completed we cannot re-open it to those that missed it. You may send 4 athletes per field event per age group.

* It is the coaches' responsibility to make sure their athletes attend their events and respond promptly to the announcement calls. Coaches may ask at the event tent if they need to know what event is currently in progress.

9:40

Long Jump

Pit 1- Grade 3 Girls
Grade 7 Girls
Grade 5 Boys
Grade 4 Boys
Grade 6 Boys

Pit 2- Grade 3 Boys
Grade 7 Boys
Grade 4 Girls
Grade 6 Girls
Grade 5 Girls

9:40

Shot Put

Pit 1- Grade 4 Girls
Grade 6 Girls
Grade 7 Boys
Grade 7 Girls

Pit 2- Grade 4 Boys
Grade 6 Boys
Grade 5 Girls
Grade 5 Boys