

**OUR LADY OF ASSUMPTION TRACK AND FIELD MEET SCHEDULE**

**May 15, 2024**

**FIELD EVENTS SCHEDULE**

**LONG JUMP: Starting at 9:30  
(4 participants per school)**

<b>Pit 1:</b>	<b>Pit 2:</b>
<b>Gr. 7 Girls</b>	<b>Gr. 7 Boys</b>
<b>Gr. 6 Girls</b>	<b>Gr. 6 Boys</b>
<b>Gr. 5 Girls</b>	<b>Gr. 5 Boys</b>
<b>Gr. 4 Girls</b>	<b>Gr. 4 Boys</b>
<b>Gr. 3 Girls</b>	<b>Gr. 3 Boys</b>

**HIGH JUMP: Starting at 10:30  
(2 participants per school)**

**Gr. 6 Boys  
Gr. 6 Girls  
Gr. 7 Boys  
Gr. 7 Girls**

**SHOT PUT: Starting at 10:30  
(4 participants per school)**

**Gr. 4 Girls  
Gr. 4 Boys  
Gr. 5 Girls  
Gr. 5 Boys  
Gr. 6 Girls  
Gr. 6 Boys  
Gr. 7 Girls  
Gr. 7 Boys**

**DISCUS: Starting at 10:30  
(2 participants per school)**

**Gr. 7 Girls  
Gr. 7 Boys  
Gr. 6 Girls  
Gr. 6 Boys  
Gr. 5 Girls  
Gr. 5 Boys**

**\*\*\*\*\*All starting times are approximate.\*\*\*\*\***

**RUNNING RACES SCHEDULE**

**1200 M: Starting at 9:30  
(2 participants per grade level per school)  
Gr. 7 Boys**

**Gr. 7 Girls**  
**Gr. 6 Boys**  
**Gr. 6 Girls**

**1000 M: Approximately 10:00**  
**(2 participants per grade level per school)**

**Gr. 5 Boys**  
**Gr. 5 Girls**  
**Gr. 4 Boys**  
**Gr. 4 Girls**  
**Gr. 3 Boys**  
**Gr. 3 Girls**

**OPENING CEREMONIES AND ANNOUNCEMENTS: Approximately 10:15**

**200M: Starting at 10:30**  
**(4 participants per school)**

**Gr. 5 Boys**  
**Gr. 5 Girls**  
**Gr. 6 Boys**  
**Gr. 6 Girls**  
**Gr. 7 Boys**  
**Gr. 7 Girls**

**60M: Starting at 11:00**  
**(unlimited participants for all grades)**

**Gr. 3 Boys**  
**Gr. 3 Girls**  
**Gr. 4 Boys**  
**Gr. 4 Girls**

**300M: Starting at 11:15**  
**(4 participants per school)**

**Gr. 6 Girls**  
**Gr. 6 Boys**  
**Gr. 7 Girls**  
**Gr. 7 Boys**

**600M: Starting at 11:45**  
**(4 participants per school)**

**Gr. 5 Girls**  
**Gr. 5 Boys**  
**Gr. 4 Girls**  
**Gr. 4 Boys**  
**Gr. 3 Girls**  
**Gr. 3 Boys**

**100M: Starting at 12:15**  
**(unlimited participants for all grades)**

**Gr. 3 Boys**   **Gr. 3 Girls**  
**Gr. 4 Boys**   **Gr. 4 Girls**  
**Gr. 5 Boys**   **Gr. 5 Girls**

Gr. 6 Boys Gr. 6 Girls  
Gr. 7 Boys Gr. 7 Girls

**4 X 100M: Starting at 1:15**  
(2 relay teams per school)

Gr. 3 Boys  
Gr. 3 Girls  
Gr. 4 Boys  
Gr. 4 Girls  
Gr. 5 Boys  
Gr. 5 Girls  
Gr. 6 Boys  
Gr. 6 Girls  
Gr. 7 Boys  
Gr. 7 Girls

**2024 LANE ASSIGNMENTS FOR**  
**RELAYS & 60M RACES:**

Lane 1: St. Francis Xavier  
Lane 2: St. Francis de Sales  
Lane 3: St. Michael's  
Lane 4: O.L.A  
Lane 5: Our Lady of Fatima  
Lane 6: QAS  
Lane 7: St. Jude's  
Lane 8: St. Patrick's

**4 X 100M MIXED RELAYS: Starting at 2:15**

Gr. 3 Mixed (2 relay teams per school)  
Gr. 4 Mixed (2 relay teams per school)  
Gr. 5 Mixed (1 relay team per school)  
Gr. 6 Mixed (1 relay team per school)  
Gr. 7 Mixed (1 relay team per school)

**800M: Starting at 2:30**  
(4 participants per school)

Gr. 7 Girls  
Gr. 7 Boys  
Gr. 6 Girls  
Gr. 6 Boys

**APPROXIMATELY 3:00: CLOSING ANNOUNCEMENTS.**

**\*\*\*\*\*ALL TIMES ARE APPROXIMATE\*\*\*\*\***