

TRI CITIES TRACK MEET SCHEDULE

Field Event Schedule:

These are start times only. Field events will be announced in this order. If your student has a track event and a field event at the same time, please have them report to the field event first and then go on to the track event. Once the track event is over, they should immediately head back to the field event.

Note: It is the coaches' responsibility to make sure their athletes respond to the announcement calls. Coaches may ask at the event tent if they need to know what event is up. **Please do not send students to the event tent.**

Begins at 10:00 a.m. -

Pit 1 -

Long Jump (4 athletes per age group)

Grade 7 Girls
Grade 5 Girls
Grade 5 Boys
Grade 6 Girls
Grade 6 Boys

Pit 2 -

Grade 7 Boys
Grade 4 Girls
Grade 4 Boys
Grade 3 Girls
Grade 3 Boys

Begins at 10:00 a.m. -

Shot Put (3 athletes per age group)

Grade 6 Girls
Grade 5 Boys
Grade 7 Girls
Grade 7 Boys
Grade 6 Boys
Grade 5 Girls
Grade 4 Girls
Grade 4 Boys

**Please note: Each athlete will receive 1 warm up throw and 2 competition throws.*

Begins at 10:00 a.m. -

High Jump (2 athletes per age group) – 2 pits

Grade 4 Boys and Girls
Grade 6 Boys and Girls
Grade 5 Boys and Girls
Grade 7 Boys and Girls

TRI-CITIES TRACK MEET SCHEDULE

Track Event Schedule:

Events will be run continuously. These are approximate times only. Events could begin well before or after the scheduled time. Please listen carefully to announcements for marshalling instructions.

9:30 AM **O Canada**

Opening Prayer

9:45 AM **800m (gang start)**

**2 athletes/ age group*

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

12:25 PM

400m (4 heats)

Grade 6 Boys

Grade 6 Girls

Grade 7 Boys

Grade 7 Girls

1:00 PM

1500m (gang start)

**2 athletes/age group*

Grade 4 Boys/Girls

Grade 5 Boys/Girls

Grade 6 Boys/Girls

Grade 7 Boys/Girls

10:30 AM **100m (6 heats)**

Grade 7 Boys

Grade 7 Girls

Grade 6 Boys

Grade 6 Girls

Grade 5 Boys

1:45 PM
division

4 x 100m Relay * 1 team per

Grade 2 Boys

Grade 2 Girls

Grade 3 Boys

Grade 3 Girls

Grade 5 Girls

Grade 4 Boys

Grade 4 Boys

Grade 4 Girls

Grade 4 Girls

Grade 5 Boys

Grade 3 Boys

Grade 5 Girls

Grade 3 Girls

Grade 6 Boys

Grade 2 Boys

Grade 6 Girls

Grade 2 Girls

Grade 7 Boys

Grade 7 Girls

11:30 AM 200m (6 heats)

Grade 6 Boys

**2:20 PM
team per division**

4 X 100m Mixed Relay *1

Grade 6 Girls

Grade 2

Grade 7 Boys

Grade 3

Grade 7 Girls

Grade 4

12:00 PM 60m (6 heats)

Grade 5

Grade 2 Girls

Grade 6

Grade 2 Boys

Grade 7

Grade 3 Boys

Grade 3 Girls

Grade 4 Boys

Grade 4 Girls

Grade 5 Boys, Grade 5 Girls