**B.C.C.S.S.A.A. TRACK & FIELD CHAMPIONSHIPS   
April 19, 2013**

***Rotary Stadium in Abbotsford***

**9:45 AM**--Official Opening and Welcome – Coaches, please have all your athletes seated in the bleachers at this time.

**10:00 AM**—Competition begins

**Track Event Schedule**

**TIME  TRACK  EVENTS**

**10:00 SB - 110m Hurdles (39”)**

**JB – 110m Hurdles (36”)**

**SG –100m Hurdles (33”)**

**8B - 100m Hurdles (33”)**

**JG - 80m Hurdles (30”)**

**8G - 80m Hurdles (30”)**

**10:40                    100 M Heats – 8G/8B/JG/JB/SG/SB**

**11:30                    1500M Racewalk – All Boys and Girls join in one race**

**Scoring is separated by categories**

**11:50                  1500M Final – 8/JR/SR Girls Score separately**

**12:10                   1500M Final -  8/JR/SR Boys Score separately**

**12:30                    4 X 100 M Final– 8G/8B/JG/JB/SG/SB**

**1:15                      400 M Final– 8G/8B/JG/JB/SG/SB**

**2:00                      100 M Final– 8G/8B/JG/JB/SG/SB**

**2:30                      800 M Final– 8G/8B/JG/JB/SG/SB**

**3:00                      200 M Final– 8G/8B/JG/JB/SG/SB**

**3:30                      4 X 400 M Final– 8G/8B/JG/JB/SG/SB**

**4:10                      Presentation of Aggregates, Awards and Clean-up**

**Field Event Schedule**

**TIME   FIELD  EVENTS**

**10:00**        **Grade 8 Girls Shot (4 kg.)**

**Senior Girls Long Jump**

**Jr. Girls Discus (1 kg.)**

**Grade 8 Boys High Jump—starting height @ 1.30m**

**Junior Boys Triple Jump**

**Senior Boys Javelin (800 g.)**

**11:00                      Grade 8 Girls Discus (1 kg.)**

**Senior Girls Shot (4 kg.)**

**Jr. Girls Long Jump**

**Grade 8 Boys Javelin (600 g)**

**Junior Boys High Jump--starting height @ 1.35m**

**Senior Boys Triple Jump**

**11:30                      Boys Hammer (8B/JB--4KG.   SB--12lbs.)**

**11:50                      Girls Hammer (8G/JG/SG--4KG)  (SG Discus to follow)**

**12:00                      Grade 8 Girls Long Jump**

**Senior Girls Discus (1 kg.)**

**Jr. Girls Shot (4 kg.)**

**Grade 8 Boys Triple Jump**

**Junior Boys Javelin (800 g.)**

**Senior Boys High Jump--starting height @ 1.40m**

**1:00                        Grade 8 Girls High Jump--starting height @ 1.15m**

**Junior Girls Javelin (600 g.)**

**Senior Girls Triple Jump**

**Grade 8 Boys Shot (8 lb.)**

**Junior Boys Long Jump**

**Senior Boys Discus (1.6 kg.)**

**2:00                        Grade 8 Girls Triple Jump**

**Junior Girls High Jump--starting height @ 1.20m**

**Senior Girls Javelin (600 g.)**

**Grade 8 Boys Discus (1 kg.)**

**Junior Boys Shot (4 kg.)**

**Senior Boys Long Jump**

**3:00                        Grade 8 Girls Javelin (600 g.)**

**Junior Girls Triple Jump**

**Senior Girls High Jump--starting height @ 1.25m**

**Grade 8 Boys Long Jump**

**Junior Boys Discus (1.62 kg.)**

**Senior Boys Shot (5.5 kg/12 lb.)**