# LMISSTFA Track Meet #1 @ Swangard Burnaby

# Wednesday April 10, 2013

### Coaches Meeting @ 1:00

### Meet Begins @ 1:15

**Track Event Schedule**

**100m B Event 1:15 Gr 8 Girls Gr. 8 Boys**

**Gr 9 Girls Gr. 9 Boys**

**Gr 10 Girls Gr. 10 Boys**

**Gr 11-12 Girls Gr.11-12 Boys**

**400 m A Event 2:00 Gr 8 Girls Gr. 8 Boys**

**Gr 9 Girls Gr. 9 Boys**

**Gr 10 Girls Gr. 10 Boys**

**Gr 11-12 Girls Gr.11-12 Boys**

**1500m A Event 2:45 Grade 8 - 9 Girls**

**Grade 10 – 12 Girls**

**Grade 8 - 9 Boys**

**Grade 10 – 12 Boys**

**4X100m B Event 3:15 Gr 8 Girls Gr. 8 Boys**

**Gr 9 Girls Gr. 9 Boys**

**Gr 10 Girls Gr. 10 Boys**

**Gr 11-12 Girls Gr.11-12 Boy**

## Field Event Schedule

**Discus A Event 1:15 - 2:15 Gr 8 – 9 Boys (1kg)**

**2:15 – 3:15 Gr 10- 12 Boys (1.6kg)**

**Javelin B Event 1:15 – 2:15 All Girls ( 600g)**

**2:15 – 3:15 All Boys ( Gr 8-9 600g)**

**(Gr 10-12 800g)**

**High Jump A Event 1:15 – 2:15 Grade 8-9 Boys**

**2:15 – 3:30 Grade 10-12 Boys**

**Long Jump A Event 1:15 – 2:15 Grade 8-9 Girls**

**2:15-3:30 Grade 10-12 Girls**

**Coaches please remember your event responsibilities.**

**Remember events times are approximate and may run ahead or behind by 30 min.**

**Schools required to supply their own blocks for sprints**

**Field events only 2 measured attempts unless time allows.**

**Please use minimum standards for measurements to make your event run faster.**

**Reminder to use Stickers for Events ( Name, Grade, School)**