# LMISSTFA Track Meet #2

# Wednesday April 17, 2013@ Swangard

**Coaches Meeting @ 1:00**

**Meet Begins @ 1:15**

**Track Event Schedule Begins at 1:15**

**1. 3000 m Grade 8-12 Girls**

**Grade 8-12 Boys**

**2. 80m Hurdles “B” Grade 8 Girls**

**@30” Grade 9 Girls**

**Grade 10 Girls**

**3. 100m Hurdles “B” Open Girls**

**@33” Grade 8 Boys**

**Grade 9 Boys**

**4. 100m Hurdles “B” Grade 10 Boys**

**@36”**

**5. 110m Hurdles “B” Open Boys**

**@39”**

**6. 200m B Event Gr.8 Girls then Gr. 8 Boys**

**Gr. 9 Girls then Gr. 9 Boys**

**Gr. 10 Girls then Gr. 10 Boys**

**SR. Girls then Sr. Boys**

**7. 4 x 100m B Event Gr.8 Girls then Gr. 8 Boys**

**Gr. 9 Girls then Gr. 9 Boys**

**Gr. 10 Girls then Gr. 10 Boys**

**SR. Girls then Sr. Boys**

**8. 4 x 400m A Event Gr.8 Girls then Gr. 8 Boys**

**Gr. 9 Girls then Gr. 9 Boys**

**Gr. 10 Girls then Gr. 10 Boys**

**SR. Girls then Sr. Boys**

## Field Event Schedule Begins at 1:15

**Shot Put A Event Grade 8-9 Girls 1:15 – 2:15 (4kg)**

**Grade 10-12 Girls 2:15 – 3:15 (4kg)**

**Long Jump Grade 8 – 9 Boys 1:15 – 2:15**

**A Event Grade 10 – 12 Boys 2:30 – 3:30**

**Javelin Grade 10-12 Girls 1:15 - 2:30 (600g)**

**A Event Grade 8 - 9 Girls 2:45 - 3:30 (600g)**