**LMISSTFA MEET #4**

### May 1/13 – Wednesday @ Swangard

**Coaches Meeting – 1:00**

**Meet Begins - 1:15**

# Track Events

**80m Hurdles “A” 1:15 pm** Grade 8 Girls

@30” Grade 9 Girls

##  Grade 10 Girls

**100m Hurdles “A”** Open Girls

@33” Grade 8 Boys

##  Grade 9 Boys

**100m Hurdles “A”** Grade 10 Boys

**@36”**

**110m Hurdles “A”** Open Boys

**@39”**

**200m A Event 2:00 pm** **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**

**Distance Medley Relay B Event 3:15 All Girls**

 **All Boys**

**4 x 100m A Event 3:45 pm 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**

# Field Events

**Javelin A Event 1:15 pm Grade 8-9 Boys (600g)**

 **2:30 pm Grade 10-12 Boys (800g)**

**High Jump A Event 1:15 pm Grade 8-9 Girls**

 **2:30 pm Grade 10-12 Girls**

**Triple Jump A Event 1:15 pm Grade 8-9 Girls**

 **2:30 pm Grade 10-12 Girls**