

DISTRICT TRACK AND FIELD SCHEDULE

10 - 11

TIME	TRACK EVENT	TIME	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT
9:00	1500 M.	9:15	Midget Boys	Bantam Boys	Atom Boys Atom Girls	Bantam Girls
9:45	100 M. Heats Girls					
10:10	100 M. Heats Boys	10:00	Midget Girls	Bantam Girls		Bantam Boys
10:35	200 M. Heats Girls					
11:00	200 M. Heats Boys	10:45	Atom Boys Atom Girls	Peewee Boys Peewee Girls	Bantam Boys Bantam Girls	
11:25	400 M. Finals Girls					
11:50	400 M. Finals Boys	11:30	Bantam Boys	Midget Boys	Peewee Boys Peewee Girls	Midget Girls
12:15	100 M. Finals Girls					
12:40	100 M. Finals Boys	12:15	Bantam Girls	Midget Girls		Midget Boys
1:05	800 M. Finals Girls					
1:30	800 M. Finals Boys	1:00	Peewee Boys Peewee Girls	Atom Boys Atom Girls	Midget Boys Midget Girls	
1:55	200 M. Finals Girls					
2:20	200 M. Finals Boys					
2:45	Relays Boys and Girls					

All 100, 200, 400, 800 and 1,500 M. will be run in the following order

1. Atom 2. Peewee 3. Bantam 4. Midget

All Girls groups will run first followed by all of the Boys

Relays will be run in the following order Atom Girls, Atom Boys, Peewee Girls, Peewee Boy
Bantam Girls, Bantam Boys, Midget Girls, Midget Boys

All 1,500 M. will be run as separate races (8 of)

All 400 M. will be timed races There are no heats (8 of)

All 800 M. races will use a box start (8 of)

When runners are called for races they will be done so in 2's (eg. Atoms & Peewees)
not as a large group (eg. All girls) to help reduce athletes leaving other events too early

Please Note: while this timetable will be used at the District Meet it will not necessarily be used at the Group Meets

In both Long and Triple at Atom and Peewee the runway will be divided in half and all 4 pits used