

OUTDOOR TRACK AND FIELD

Order of events – Championship Meets

Coaches Meeting 8:30

Track Events 9:00am

400 m Hurdles		Juv
2000 m		Cad
3000 m		Juv
150 m	Heats	Ban
200 m	Heats	Cad/Juv
800 m		All
150m	Finals	Ban
200 m	Finals	Cad/Juv
Sprint Hurdles	Heats	All

BREAK

Sprint Hurdles	Final	Juv
Sprint Hurdles	Final	Cad
Sprint Hurdles	Final	Ban
300 m		Cad
400 m		Juv
80 m	Heats	Ban
100 m	Heats	Cad/Juv
1200 m		Ban/Cad
1500 m		Juv
80 m	Finals	Ban
100 m	Finals	Cad/Juv
4 x 400 m		Juv
4 x 100 m		All

Field Events – LJ, HJ, TJ & SP

9:00 am

Long Jump	Cad
Shot put	Cad
High Jump	Ban
Triple Jump	Juv

10:30 am

Long Jump	Ban
Shot Put	Ban
High Jump	Juv
Triple Jump	Cad

12:00 pm

Long Jump	Juv
Shot Put	Juv
High Jump	Cad

DISCUS AND JAVELIN

Javelin	Juv	8:45am
Discus	Ban	9:45am
Javelin	Cad	10:45am
Discus	Juv	11:45am
Javelin	Ban	12:45pm
Discus	Cad	1:45pm

Except for the sprint hurdle finals, all track events will be Ban, Cad, Juv