LGSSAA Track and Field Meet Schedule

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| Time | Event | Order |
| 9:00 AM | OB 2000m. Steeplechase (FINAL) |  |
|  | OG 2000m. Steeplechase (FINAL) |  |
| 9:30 AM | Intermediate Hurdles(TIMED SECTIONS) | MG JG SG MB JB SB |
| 10:00 AM | 100m. (Heats) | MG MB JG JB SG SB  |
| 10:45 AM | Boys 1500m. (FINALS) | MB JB SB |
| 11:15 AM | 400m. (TIMED SECTIONS) | MG MB JG JB SG SB  |
| 11:45 AM | Girls 1500m. (FINALS) | MG JG SG  |
| 12:00 PM | Lunch Break |  |
| 12:30 PM | 100m. (FINALS) | MG MB JG JB SG SB  |
| 1:00 PM | Sprint Hurdles (TIMED SECTIONS) | MG JG SG MB JB SB |
| 1:45 PM | 800m. (TIMED SECTIONS) | MG MB JG JB SG SB  |
| 2:15 PM | 200m. (Heats) | MG MB JG JB SG SB  |
| 3:00 PM | Boys 3000m. (FINALS) | MB JB SB |
| 3:45 PM | 200m. (FINALS) | MG MB JG JB SG SB  |
| 4:00 PM | Girls 3000m. (FINALS) | MG JG SG  |
| 4:45 PM | 4 x 100m. (TIMED SECTIONS) | SG SB JG JB MG MB |
| 5:15 PM | 4 x 400m.(TIMED SECTIONS) | OG OB |

Field Events

(The order of age groups in each event will be determined after all entries are submitted. If there are small fields, some age groups may jump/throw together)

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| Time | Girls Events | Boys Events |
| 9:00 AM | Pole Vault | Triple Jump |
|   | High Jump | Javelin |
|   | Shot Put |   |
| 11:00 AM | Long Jump | Pole Vault |
|   | Javelin | High Jump |
|   |   | Discus |
| 1:30 PM | Triple Jump | Long Jump |
|   | Discus | Shot Put |