



uOttawa High School Invitational

Friday, May 3rd, 2019

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

Final Schedule

*We will run up to 30min ahead of schedule if possible

*COACHES MEETING @10:45am under the timing tower

Track Events:

11:15am	300m Hurdles (30") – Open Girls (no blocks)	3 Sections
	300m Hurdles (33") – Open Boys (no blocks)	Sections
11:30am	4x100m Relay – MG/MB	2/1 Sections
	4x100m Relay – JG/JB	1/2 Section
	4x100m Relay – SG/SB	1/1 Sections
12:05pm	1500m – MG/MB	1/1 Sections
	1500m – JG/JB	1/2 Sections
	1500m – SG/SB	1/1 Section
12:55pm	400m – MG/MB (no blocks)	4/4 Sections
	400m – JG/JB (no blocks)	3/3 Sections
	400m – SG/SB (no blocks)	2/5 Sections
1:25pm	100m Prelims – MG/MB (no blocks)	6/5 Sections
	100m Prelims – JG/JB (no blocks)	3/6 Sections
	100m Prelims – SG/SB (blocks or 4pt)	2/6 Sections
	*8 Fastest times to final	
1:50pm	Sprint Hurdles (80m/30") – MG/JG (no blocks)	3/1 Sections
	Sprint Hurdles (100m/30") – SG (blocks or 4pt)	2 Section
	Sprint Hurdles (100m/33") – MB (no blocks)	1 Section
	Sprint Hurdles (100m/36") – JB (no blocks)	2 Section
	Sprint Hurdles (110m/36") – SB (blocks or 4pt)	2 Section
2:10pm	100m Finals – MG/MB (no blocks)	1/1 Sections
	100m Finals – JG/JB (no blocks)	1/1 Sections
	100m Finals – SG/SB (blocks or 4pt)	1/1 Sections
2:25pm	3000m – Open Girls	1 Section
2:40pm	3000m – Open Boys	1 Section
3:00pm	Medley Relay (400, 200, 200, 800) – Open Girls	1 Section
	Medley Relay (400, 200, 200, 800) – Open Boys	1 Section

Field Events:

11:15pm	Long Jump	3 Jumps to all
	Pit 1	MB(27) followed by JB(36) followed by SB (30)
	Pit 2	SG(15) followed by JG(23) followed by MG (39)
	<ul style="list-style-type: none">• Two pits will run simultaneously	
11:30am	High Jump	All Boys(21) (starting height of 1.40m, increments of 5cm)
11:30am	Javelin	3 Throws to all
	Pit 1	MB(23) followed by JB(20) followed by SB(16)
	Pit 2	SG(23) followed by JG(17) followed by MG(18)
	<ul style="list-style-type: none">• Two Pits will run simultaneously	
11:30pm	Shot Put	3 Throws to all
		SB (17) followed by MG (20) followed by MB (23)
		SG (18) followed by JB (12) followed by JG (15)
1:30pm	High Jump	All Girls (24) (starting height of 1.20m, increments of 5cm)

**Javelin Pit 1 is the Runway located in the West Field

**Javelin Pit 2 is the Runway located on the Infield of the Track

**Long Jump Pit 1 is the Jumps Runway located closest to the fence at the jumps area

**Long Jump Pit 2 is the jumps Runway located closest to Lane 8 of the track