**2019 Laurentian University “Black Flies” Track and Field Meet**

**Saturday, May 4th, 2019**

**Final Meet Schedule**

Note – all track events may run up to 15 minutes ahead of schedule. Please be prepared!

Combined races are highlighted

**Track Schedule:**

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| **Time** | **Event** | **Check-In Location** |
| 10:00am  10:30am | 3000m – Open Boys  3000m - Open Girls  Sprint Hurdles (Timed Finals)  80m Hurdles – MG (30”), JG (30”)  100m Hurdles – SG (30”), MB (33”), JB (36”) | 200m Start Line  100m Start Line |
| 11:00am | 100m Heats  (Top 8 times in heats qualify for finals)  - MG, MB, JG, JB, SG, SB | 100m Start Line |
| 11:30pm | 800m Timed Finals – MG, MB+JB, JG, SG, SB | Start/Finish Line |
| 12:00pm | 100m Finals – MG, MB, JG, JB, SG, SB | 100m Start Line |
| 12:20pm | Track Break |  |
| 12:50pm | 200m Timed Finals – MG, MB, JG, JB, SG, SB | 200m Start Line |
| 1:20pm | 1500m Timed Finals – MG+JG, MB, JB, SG, SB | 1500m Start Line |
| 2:00pm | 400m Timed Finals – MG, MB, JG, JB, SG, SB | Start/Finish Line |
| 2:30pm | 4 X 100m – MG+JG+SG (1 race); MB+JB+SB (1 race) | 100m Start Line |
| 2:45pm | 4 X 400m – Open Girls, Open Boys | 100m Start Line |

**Tentative Field Event Schedule :**

* Check in at event location (athletes must wear number on front of singlet)
* Final Pit assignment may change based on number of entries received
* All competitors in Long Jump, Triple Jump will get 4 attempts

10:00am Triple Jump – All Girls: Pit 1: Midget Pit 2: Junior + Senior

High Jump – All Boys: Midget + Jr + Sr (Starting Height: 1.35m up by 5cm until 8 competitors, then up by 3cm)

11:00am Triple Jump – All Boys: Pit 1: Midget + Junior + Senior

High Jump – All Girls: Midget + Jr + Sr (Starting Height: 1.20m up by 5cm until 8 competitors, then up by 3cm)

1:00pm Long Jump – All Girls: Pit 1: Midget Pit 2: Junior + Senior

2:00pm Long Jump – All Boys: Pit 1: Midget + Junior Pit 2: Senior