

Track Schedule

Saturday		Sunday	
Time	Event	Time	Event
9:00	5000m & 1500m RW	9:00	3000m
9:30	800mRW	9:30	2000m
9:45	Sprint Hurdles	10:00	400m Hurdles
11:30	1500 m	10:30	300m Hurdles
11:50	1200m	10:45	200m Hurdles
12:30	1000m	11:00	2000 Steeple Chase
1:00	100m sprints	11:30	1500 Steeple Chase
2:00	4x100m relay	12:30	60m Sprint
3:00	400m		50m fun run
3:30	300m	1:30	800m
		2:15	600m
		2:30	200m

Field Schedule

Friday							
5:00PM	Pole Vault at Rotary Bowl Stadium in Nanaimo						
Saturday							
	High Jump	Long Jump	Tripple Jump	Discus	Hammer	Javelin	Shot Put
9:30		Girls JD11		Girls U18/Open			
10	Boys U16		Boys U13		Boys JD12	Girls JD13	Boys JD9/JD10
11	Boys U18/Open	Girls JD12		Girls JD10	Boys JD13	Girls U16	Boys U18/Open
12:00	Boys JD9/JD10	Girls JD13	Boys U18/Open	Girls JD11	Boys U16	Girls U18/Open	Boys JD11
1:00	Boys JD13	Girls U16	Boys U16	Girls JD12	Boys U18/Open	Girls JD10	Boys JD12
2:00	Boys JD11	Girls U18/Open		Girls JD13		Girls JD11	Boys JD13
3:00	Boys JD12	Girls JD9/JD10		Girls U16		Girls JD12	Boys U16
Sunday							
	High Jump	Long Jump	Tripple Jump	Discus	Hammer	Javelin	Shot Put
9:00	Girls JD11	Boys JD16	Girls U16	Boys JD10	Girls JD12	Boys JD12	Girls U18/Open
10:00	Girls JD12	Boys U18/Open		Boys JD11	Girls JD13	Boys JD13	Girls JD9/JD10
11:00	Girls JD13	Boys JD13	Girls U18/Open	Boys JD12	Girls U16	Boys U16	Girls JD11
12:00	Girls U16	Boys JD9/JD10		Boys JD13	Girls U18/Open	Boys U18/Open	Girls JD12
1:00	Girls U18/Open	Boys JD11		Boys U16		Boys JD10	Girls JD13
2:00	Girls JD9/JD10	Boys JD12	Girls JD13	Boys U18 and Older		Boys JD11	Girls U16

Note: These schedules are subject to change until the close of registration. We will attempt to notify registered athletes by email of any changes. It is the responsibility of all involved to check the posted schedule to ensure they have the most up today informant.

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