

Kamloops Start-up Meet

(In-Club Only)

Jan. 15-16, 2021

Tentative Schedule (Jan. 4, 2021)

Friday: start time 4:30

4:30 pm Shot put JD - U22. (Greg Stewart to throw SP at the end of the day)

4:30 pm { 3000m U18 – U22

Rolling start { 200m JD - U22

{ 600m JD - U22

Weight throw after 600m is over. (North court must be cleared out) U18 - U22

Saturday: 9am

9:00 am Long Jump Track Rascal – U22

9:00 am { 60m Hurdles JD - U22

Rolling start { 1000m U19 - U22

{ 60m Track Rascal - U22

{ 300m. JD - U22

{ Mile (11 – U22)