

Edmonton Columbians Run, Jump, Throw

Saturday, Jun3 19, 2021

Schedule

U14 Girls

10:00 – 100m
10:15 – Shot Put, Flight 1 of 2
10:45 – Long Jump, Flight 1 of 2, Pit 1
11:30 – Lunch Break
12:00 – Long Jump, Flight 2, Pit 1
12:00 – Shot Put, Flight 2

U12 Girls

10:00 – Long Jump, Pit 1
11:00 – 100m
11:30 – Lunch Break
12:00 – Shot Put

U14 Boys

10:10 – 100m
10:20 – Shot Put
11:30 – Lunch Break
12:00 – Long Jump, Pit 2

U10 and U12 Boys

10:00 – Long Jump, Pit 2
11:10 – 100m (50m for U10?)
11:30 – Lunch Break
12:45 – Shot Put (Ball Throw for U10)

Complete Schedule

10:00

U14G – 100m
U12G – LJ
U10B and U12B – LJ

10:10

U14B – 100m

10:15

U14G – SP, Flight 1

10:20

U14B – SP

10:45

U14G – LJ, Flight 1

11:00

U12G – 100m

11:10

U12B and U10B – 100m or 50m

11:30 – Lunch Break

12:00

U14G – LJ, Flight 2
U14G – SP, Flight 2

U14B – LJ

U12G – SP

12:45

U12B – SP

U10B – BT

1:30

Relays!
4x100m
Medley (200, 100, 100, 400)