

LMISSTFA Track League Meet #2

Wednesday April 20, 2022

ELECTRONIC TIMING* *Coaches will need to pre-register athletes via Trackie

Coaches Meeting 1:00pm (Finish Line)

Track Event Schedule*Approximate Event Start Times*

Sprint Hurdles A Event	1:15pm	Gr. 11/12 Boys	110m @ 36" or 0.914m	Blue △
		Gr. 9/10 Boys	100m @ 36" or 0.914m	Yellow △
		Gr. 11/12 Girls	100m @ 33" or 0.838m	Yellow △
		Gr. 8 Boys	100m @ 33" or 0.838m	Yellow △
		Gr. 9/10 Girls	80m @ 30" or 0.762m	Black △△△
		Gr. 8 Girls	80m @ 30" or 0.762m	Black △△△
800m A Event	2:10pm	Gr. 8 Girls	Gr. 8 Boys	
		Gr. 9/10 Girls	Gr. 9/10 Boys	
		Gr. 11/12 Girls	Gr. 11/12 Boys	
100m A Event	3:00pm	Gr. 8 Girls	Gr. 8 Boys	
		Gr. 9/10 Girls	Gr. 9/10 Boys	
		Gr. 11/12 Girls	Gr. 11/12 Boys	
Distance Hurdles A Event Green △	3:30pm	Gr. 11/12 Boys	400m @ 33" or 0.840m (10 hurdles)	
		Gr. 11/12 Girls	400m @ 30" or 0.762m (10 hurdles)	
		Gr. 9/10 Boys	300m @ 33" or 0.840m (7 hurdles)	
		Gr. 9/10 Girls	300m @ 30" or 0.762m (7 hurdles)	
		Gr. 8 Girls	200m @ 30" or 0.762m (5 hurdles)	
		Gr. 8 Boys	200m @ 30" or 0.762m (5 hurdles)	
4x100m A Event	4:00pm	Gr. 8 Girls	Gr. 8 Boys	
		Gr. 9/10 Girls	Gr. 9/10 Boys	
		Gr. 11/12 Girls	Gr. 11/12 Boys	
4x400m A Event	4:30pm	Gr. 8 Girls	Gr. 8 Boys	
		Gr. 9/10 Girls	Gr. 9/10 Boys	
		Gr. 11/12 Girls	Gr. 11/12 Boys	

Field Event Schedule

Discus A Event	1:15-2:15pm	Gr. 8-10 Girls (3kg)	Triple Jump A Event	1:15-2:30pm	Gr. 8-10 Boys
	2:15-3:15pm	Gr. 11/12 Girls (4kg)		2:30-3:30pm	Gr. 11/12 Boys
Javelin A Event	1:15-2:30pm	Gr. 11/12 Girls (600g)	High Jump A Event	1:15-2:30pm	Gr. 11/12 Boys
	2:45-3:30pm	Gr. 8-10 Girls (500g)		2:30-3:30pm	Gr. 8-10 Boys