

LEGION ELEMENTARY & TDSS HIGH SCHOOL INVITATIONAL TRACK & FIELD

DATE: Wednesday, May 18TH, 2022

**TIME: 9:15 am High Schools
9:30 am Elementary Schools**

(Temagami, Cobalt, Haileybury, Kerns, Elk Lake, Kiwetin, New Liskeard)

PLACE: TDSS

SCHEDULE OF TRACK EVENTS

All events will go in the following age class order: High School –Midget, Junior, Senior- Girls then boys and then Elementary Girls then Boys – U15, U13, U11, unless otherwise stated.

**9:15 a.m. 2000 m Steeplechase-High School
300m Hurdles & 400m Hurdles-High School
600m Timed Section Finals- U13
800m Timed Section Finals-High School, U15
100m, 100m, 80m, 60m Heats- High School, U15, U13, U11
200m Timed Section Finals-High School, U13, U11
1200m Timed Section Finals – U15
1500m Timed Section Finals-High School
100m, 80m, 60m Finals- U15, U13, U11**

30 Minute Break

**60m Hurdles Timed Section Final– U15
80m & 100m Hurdles Timed Section Finals-High School Girls
100m & 110m Hurdles Timed Section Finals-High School Boys
300m Timed Section Finals-U15
400m Timed Section Finals-High School
3000m Timed Section Finals- High School
4X 100m Relays- U15 followed by High School**

****High School 100m is a straight final unless we have more than 1 heat per age group****

SCHEDULE OF FIELD EVENTS

ROUND 1- 9:15 a.m.

High School Girls Long Jump- -Pit #1
High School Boys Long Jump- Pit# 2
High School Girls Shot Put
High School Boys Discus

ROUND 2-10:30 a.m.

High School Boys and Girls Pole Vault
U15 Girls Long Jump-Pit#1
U15 Boys Long Jump-Pit#2
U11 Vertical Jump followed by U11 Boys Vertical Jump
U11 Boys Chest Push (1Kg) followed by U11 Girls Chest Push (1Kg)
U15 Girls Shot Put (3kg)
U13 Boys followed U13 Girls Turbo Javelin (300g)

ROUND 3-11:45 p.m.

U11 Girls Long Jump - Pit #1 + #2 – Two pits if required – Floating Board
U11 Boys Long Jump - Pit #3 + #4 – Two pits if required – Floating Board
U13 Girls Vertical Jump followed by U13 Boys Vertical Jump
U13 Boys Chest Push (1Kg) followed by U13 Girls Chest Push (1Kg)
High School Boys Shot Put
High School Girls Discus`
U15 and High School Boys High Jump
U15 Boys followed by U15 Girls Turbo Javelin (300g)

ROUND 4- 1:00 p.m.

U13 Girls Long Jump - Pit #1 + #2 – Two pits if required – Floating Board
U13 Boys Long Jump - Pit #3 + #4 – Two pits if required – Floating Board
U15 and High School Girls High Jump
U15 Boys Shot Put (4Kg)
All High School Javelin Throwers girls and boys combined – 4 Throws
U11 Boys followed U11 Girls Turbo Javelin (300g)

Round 5- 2:00 pm

All High School Triple Jump two pits if required