

**ZONE ROYAL CANADIAN LEGION + HIGH SCHOOL INVITATIONAL**  
**TRACK & FIELD MEET**

**DATE:** Saturday, May 28th, 2022

**TIME:** 9:30 am

**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.

**9:30 am** 1500m and 2000m Steeple, High School  
300m Hurdles & 400m Hurdles-High School  
200m Timed Section Finals- High School, U13, U11  
600m Timed Section Finals - U13  
800m Timed Section Finals High School, U15  
100m Heats- High School, U15  
80m, 60m Heats – U13, U11  
1500m Timed Section Finals- High School  
1200m Timed Section Finals- U15

**30 Minute Break**

60m Hurdles Timed Section Final– U15  
80m & 100m Hurdles Timed Sections- High School Girls  
100m & 110m Hurdles Timed Section Finals- High School Boys  
300m Timed Section Finals- U15  
400m Timed Section Finals- High School  
60m, 80m, 100m Finals – U11, U13, U15  
100m Finals- High School if necessary  
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- 9:30 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 2-10:45 a.m.**

High School Boys and Girls Pole Vault  
U15 Girls Long Jump-Pit#1  
U15 Boys Long Jump-Pit#2  
U11 Girls 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 3-12:00 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- 1:15 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- 2:15 pm**

All High School Triple Jump two pits if required