

**LEGION ELEMENTARY & TDSS HIGH SCHOOL INVITATIONAL TRACK & FIELD**

**Legion Elementary Meet Wednesday, May 24th TDSS**

**\*\*5 Entries Per School in each Event + 3 Events Max Per Student\*\***

<b>ECCS</b> <b>ELK LAKE</b> <b>ESCSM Grade 7 + 8</b> <b>KERNS</b> <b>KIWETIN</b> <b>NAVIGATEURS</b>	<b>NLPS</b> <b>ST. MICHEL</b> <b>ST. CROIX</b> <b>ST. PATS</b> <b>TDSSE Grade 7 + 8</b> <b>TEMAGAMI</b>
--	--

**ELEMENTARY AGE CLASS + EVENTS 2023**

**Under 11-** Grade 3 and 4 students (Born in 2013, 2014)

Events (Boys and Girls)	60m	Long Jump (Floating Board)
	200m	Vertical Jump
		Chest Push (1kg)
		Turbo Javelin 300mg

**Under 13-** Grade 5 and 6 students (Born in 2011 and 2012)

Events (Boys and Girls)	80m	Long Jump (Floating Board)
	200m	Vertical Jump
	600m	Chest Push (1Kg)
		Turbo Javelin 300mg

**Under 15-** Grade 7 and 8 students (Born in 2009 and 2010)

Events (Boys and Girls)	100m	Long Jump
	60m hurdles 60cm	High Jump
	300m	Shot Put (Girls 3 KG –Boys 4KG)
	800m	Turbo Javelin 300mg
	1200m	
	4x100m	

**60m Hurdle Specs:**

Height 60 cm (second hole on Jr Elementary hurdles at TDSS)

Distance to first hurdle is 11.5 m.

Distance between is 7.5m.

Distance from last hurdle to finish is 11 m.

Flight of 6 hurdles.

**DATE: Wednesday, May 24<sup>TH</sup>, 2023**

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

**9:30 am Elementary Schools from the following areas  
(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 –Novice, Junior, Senior- Girls then boys and then Elementary Girls then Boys – U15, U13, U11, unless otherwise stated.

**9:15 a.m. 1500 + 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- High School if needed, 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 + #2 – Two pits  
U15 Boys Long Jump-Pit#3 + #4 – Two Pits  
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 and 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 and 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 and U11 Girls Turbo Javelin (300g)

### **Round 5- 2:00 pm**

All High School Triple Jump two pits if required