**ZONE ROYAL CANADIAN LEGION + HIGH SCHOOL INVITATIONAL**

**TRACK & FIELD MEET**

**DATE: Saturday, June 3rd, 2023**

**TIME: 9:30 am**

**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.

**9:30 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 + #2 – Two pits if required

U15 Boys Long Jump- Pit #3 + #4 – Two pits if required

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