

LMISSTFA Track League Meet #3
@ UBC
Friday, April 26th, 2024

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

Coaches Meeting: 11:00am (Finish Line) First Event: 11:15am

Track Event Schedule: *Approximate Event Start Times*

Racewalk Clinic: 11:15am All Girls & Boys - TBC

Sprint Hurdles A Event: 11:15am Gr. 11/12 Boys 110m @ 39" 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**

200m A Event 12:00pm Gr. 8 Girls Gr. 8 Boys
 Gr. 9/10 Girls Gr. 9/10 Boys
 Gr. 11/12 Girls Gr. 11/12 Boys

3000m A Event 12:45pm Gr. 8 Girls Gr. 8 Boys
 Gr. 9/10 Girls Gr. 9/10 Boys
 Gr. 11/12 Girls Gr. 11/12 Boys

1500m Racewalk A Event 1:15pm All Girls & Boys

Distance Hurdles A Event 1:30pm Gr. 11/12 Boys 400m @ 33" or 0.840m (10 hurdles) **Green**
 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 B Event 2:15pm 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

Triple Jump A Event 11:15am-12:30pm Gr. 8-10 Girl
 12:30pm-1:30pm Gr. 11-12 Girls

Long Jump A Event 11:15am-12:30pm Gr. 11-12 Boys
 12:30pm-1:30pm Gr. 8-10 Boys

Shot Put A Event 11:15am-12:30pm Gr. 8 Boys (4kg)
 Gr. 9/10 Boys (5kg)
 12:30pm-1:15pm Gr. 11-12 Boys (6kg)

High Jump A Event 11:15am-12:30pm Gr. 11-12 Girls
 12:30pm-1:30pm Gr. 8-10 Girls