LEGION ELEMENTARY & TDSS HIGH SCHOOL INVITATIONAL TRACK & FIELD

Legion Elementary Meet Wednesday, May 22ND TDSS **5 Entries Per School in each Event + 3 Events Max Per Student**

ECCS
ELK LAKE
ESCSM Grade 7 + 8
KERNS
KIWETIN
NAVIGATEURS

NLPS
ST. MICHEL
ST. CROIX
ST. PATS
TDSSE Grade 7 + 8
TEMAGAMI

ELEMENTARY AGE CLASS + EVENTS 2024

Under 11- Grade 3 and 4 students (Born in 2014, 2015)

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 2012 and 2013)

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 2010 and 2011)

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 22ND, 2024

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

4X 100m Relays- U15

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