

**LMSSTFA Independent League Finals  
 Schedule of Events  
 May 1 & 3, 2024  
 UBC Track  
 - No Late Entries -**

**All athletes MUST compete in the same age category at League Finals  
 and Zone Championships as they wish to compete in at BC's.**

**Day 1 (May 1, 2024)**

Coaches Meeting      8:40am (near finish line tent)  
 First Event            Field 9:00am            Track 9:30am

**Track Event Schedule**

EVENT	TIME	AGE	GENDER
<b>110m Hurdles</b> @36"	9:30am	Senior (Gr. 11/12)	Boys
<b>100m Hurdles</b> @36" @33" @33"	9:40am	Junior (Gr. 9/10)	Boys
	9:50am	Senior (Gr. 11/12)	Girls
	9:55am	Gr. 8	Boys
<b>80m Hurdles</b> @30" @30"	10:00am	Junior (Gr. 9/10)	Girls
	10:05am	Gr. 8	Girls
<b>400m</b>	10:15am	Gr. 8	Girls
	10:20am	Gr. 8	Boys
	10:35am	Junior (Gr. 9/10)	Girls
	10:40am	Junior (Gr. 9/10)	Boys
	10:45am	Senior (Gr. 11/12)	Girls
	10:50am	Senior (Gr. 11/12)	Boys

<b>1500m</b>	10:55am	Gr. 8	Girls
	11:05am	Gr. 8	Boys
	11:15am	Junior (Gr. 9/10)	Girls
	11:25am	Junior (Gr. 9/10)	Boys
	11:35am	Senior (Gr. 11/12)	Girls
	11:45am	Senior (Gr. 11/12)	Boys
<b>100m</b>	11:55am	Gr. 8	Girls
	12:00pm	Gr. 8	Boys
	12:05pm	Junior (Gr. 9/10)	Girls
	12:10pm	Junior (Gr. 9/10)	Boys
	12:15pm	Senior (Gr. 11/12)	Girls
	12:20pm	Senior (Gr. 11/12)	Boys
<b>4x100m Relay</b>	12:30pm	Gr. 8	Girls
	12:50pm	Gr. 8	Boys
	1:00pm	Junior (Gr. 9/10)	Girls
	1:10pm	Junior (Gr. 9/10)	Boys
	1:20pm	Senior (Gr. 11/12)	Girls
	1:30pm	Senior (Gr. 11/12)	Boys
<b>1500m Steeplechase</b>	1:50pm	Junior & Senior @ 30"	Girls
	2:10pm	Junior @ 30"	Boys

<b>2000m Steeplechase</b>	2:30pm	Senior	@ 33"	Boys
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### Field Event Schedule

<b>EVENT</b>	<b>TIME</b>	<b>AGE</b>	<b>GENDER</b>
<b>Long Jump</b>	9:00am	Gr. 8	Girls
	10:00am	Junior	Boys
	11:00am	Gr. 8	Boys
	12:00pm	Senior	Boys
	1:00pm	Junior	Girls
	2:00pm	Senior	Girls
<b>High Jump</b>	9:00am	Junior	Girls
	10:30am	Senior	Girls
	11:30am	Gr. 8	Girls
<b>Discus</b>	9:30am	Senior (1kg)	Girls
	10:30am	Gr. 8 (1kg)	Girls
	12:00pm	Junior (1kg)	Girls
<b>Javelin</b>	9:00am	Gr. 8 (600g)	Boys
	10:00am	Junior (700g)	Boys
	11:30am	Senior (800g)	Boys
<b>Shot Put</b>	11:00am	Gr. 8 (3kg)	Girls
	<del>12:00pm</del> 12:30pm*	Junior (3kg)	Girls

	1:00pm 1:30pm*	Senior (4kg)	Girls
<b>Hammer</b>	1:30pm	All Divisions	All Genders

## Day 2 (May 3, 2024)

Coaches Meeting 8:40am (near finish line tent)  
 First Event Field 9:00am Track 9:30am

### Track Event Schedule

EVENT	TIME	AGE	GENDER
<b>800m</b>	9:30am	Gr. 8	Girls
	9:40am	Gr. 8	Boys
	9:50am	Junior (Gr. 9/10)	Girls
	10:00am	Junior (Gr. 9/10)	Boys
	10:10am	Senior (Gr. 11/12)	Girls
	10:20am	Senior (Gr. 11/12)	Boys
<b>200m</b>	10:30am	Gr. 8	Girls
	10:35am	Gr. 8	Boys
	10:40am	Junior (Gr. 9/10)	Girls
	10:45am	Junior (Gr. 9/10)	Boys
	10:50am	Senior (Gr. 11/12)	Girls
	10:55am	Senior (Gr. 11/12)	Boys
<b>3000m</b>	11:00am	All Ages	Girls
	11:15am	All Ages	Boys

<b>4x400m Relay</b>	12:00pm	Gr. 8	Girls
	12:10pm	Gr. 8	Boys
	12:20pm	Junior (Gr. 9/10)	Girls
	12:30pm	Junior (Gr. 9/10)	Boys
	12:40pm	Senior (Gr. 11/12)	Girls
	12:50pm	Senior (Gr. 11/12)	Boys
<b>1500m Racewalk</b>	1:15pm	Junior & Senior	Girls & Boys
<b>400m Hurdles @36" @30"</b>	1:30pm	Senior	Boys
	1:50pm	Senior	Girls
<b>300m Hurdles @33" @30"</b>	2:10pm	Junior	Boys
	2:30pm	Junior	Girls
<b>200m Hurdles @30" @30"</b>	2:40pm	Gr. 8	Boys
	2:50pm	Gr. 8	Girls

#### Field Event Schedule

<b>EVENT</b>	<b>TIME</b>	<b>AGE</b>	<b>GENDER</b>
<b>Triple Jump</b>	9:00am	Junior	Boys
	10:15am	Senior	Boys
	11:30am	Junior	Girls
	12:30pm	Senior	Girls

	1:30pm	Gr. 8	Boys
	2:30pm	Gr. 8	Girls
<b>High Jump</b>	9:30am	Gr. 8	Boys
	11:00am	Junior	Boys
	12:30pm	Senior	Boys
<b>Discus</b>	9:00am	Senior (1.75kg)	Boys
	10:00am	Gr. 8 (1kg)	Boys
	11:00am	Junior (1.5kg)	Boys
<b>Javelin</b>	9:30am	Gr. 8 (500g)	Girls
	10:30am	Junior (500g)	Girls
	12:00pm	Senior (600g)	Girls
<b>Shot Put</b>	11:00am	Gr. 8 (4kg)	Boys
	12:00pm	Junior (5kg)	Boys
	1:00pm	Senior (6kg)	Boys
<b>Pole Vault</b>	1:30pm	All Divisions	All Genders