

Lunenburg/Queens Track and Field Championships
 Schedule of Events
 May 14/15, 2023 (Rain date May 16th)

Tuesday, May 14 Schedule of Track Events

10:00 a.m.	80m Hurdles	(Top 8 to a final) Junior Girls, Junior Boys, Intermediate Girls
10:40 a.m.	80m Hurdle Finals	Junior Girls, Junior Boys, Intermediate Girls (A/B Final)
11:00 a.m.	100m Hurdles	(Top 8 to a final) Intermediate Boys, Senior Girls
11:20 a.m.	110m Hurdles	Senior boys Timed final (run as 100m but at 110m distances)
11:30 a.m.	Hurdle Finals	Int. Boys and Sr. Girls (if more than 8)
11:50 a.m.	400m Heats	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
1:10 p.m.	100m	Timed Finals Supported Athletes Competition
1:30 p.m.	100m Heats	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
3:10 p.m.	1500m Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
4:40 p.m.	100m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
5:10 p.m.	400m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

Tuesday, May 14 Schedule of Field Events

<u>10:00am</u>		<u>12:00pm</u>
Shot Put- Supported Athletes Seniors		Long Jump - Supported Athletes Seniors
Long Jump - Supported Athletes Juniors		Shot Put- Supported Athletes Juniors
<u>11:00 a.m.</u>	<u>1:00 p.m.</u>	<u>3:00 p.m.</u>
Long Jump - Int. Boys	Long Jump - Jr. Boys	Long Jump - Sr. Boys
High Jump - Jr. Girls	High Jump – Int. Girls	High Jump – Sr. Girls
Triple Jump - Int. Girls	Triple Jump - Sr. Girls	Triple Jump - Jr. Girls
Shot Put – Jr. Boys	Shot Put – Sr. Boys	Shot Put – Int. Boys
Discus - Sr. Girls	Discus – Jr. Girls	Discus - Int. Girls
Javelin - Sr. Boys	Javelin - Int. Boys	Javelin - Jr. Boys

Wednesday, May 15 Schedule of Track Events

10:00 a.m.	200m Heats	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
11:30 a.m.	800m Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
12:30 p.m.	4 x 100 Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
2:00 p.m.	200m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
2:45 p.m.	3000m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
4:00 p.m.	4 x 400m Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

Wednesday, May 15 Schedule of Field Events

<u>11:00 a.m.</u>	<u>1:00 p.m.</u>	<u>3:00 p.m.</u>
Long Jump - Int. Girls	Long Jump - Jr. Girls	Long Jump - Sr. Girls
High Jump - Sr. Boys	High Jump - Jr. Boys	High Jump - Int. Boys
Triple Jump - Jr. Boys	Triple Jump - Int. Boys	Triple Jump - Sr. Boys
Shot Put – Jr. Girls	Shot Put - Sr. Girls	Shot Put – Int. Girls
Discus – Int. Boys	Discus – Sr. Boys	Discus – Jr. Boys
Javelin - Sr. Girls	Javelin - Int. Girls	Javelin - Jr. Girls

