

## LMISSTFA Track League Meet #3 @ UBC

### Wednesday, April 30th, 2025

**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 @ 36" or 0.914m <b>Blue Δ</b>
		Gr. 9/10 Boys	100m @ 36" or 0.914m <b>Yellow Δ</b>
		Gr. 11/12 Girls	100m @ 33" or 0.838m <b>Yellow Δ</b>
		Gr. 8 Boys	100m @ 33" or 0.838m <b>Yellow Δ</b>
		Gr. 9/10 Girls	80m @ 30" or 0.762m <b>Black</b>
ΔΔΔ		Gr. 8 Girls	80m @ 30" or 0.762m <b>Black</b>
		ΔΔΔ	
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 (10 hurdles)	1:30pm <b>Green Δ</b>	Gr. 11/12 Boys	400m @ 33" or 0.840m (10
		Gr. 11/12 Girls	400m @ 30" or 0.762m
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
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	Long Jump A Event	11:15am-12:30pm	Gr.
11-12 Boys					
10 Boys	12:30pm-1:30pm	Gr. 11-12 Girls	12:30pm-1:30pm	Gr. 8-	

Shot Put A Event  
Gr. 11-12 Girls

11:15am-12:30pm Gr. 8 Boys (4kg)

High Jump A Event 11:15 am-12:30pm

Gr. 9/10 Boys (5kg)

12:30pm-

1:30pm Gr. 8-10 Girls

12:30pm-1:15pm Gr. 11-12 Boys (6kg)