

# ISEA Track and Field CHAMPIONSHIPS

May 12, 2025

South Surrey Athletic Park

*Please note that ANY events could start up to, but no earlier than, 30-minutes prior to their stated start time if the meet runs ahead of schedule. Athletes are advised to be on-site and ready for their event at least 1-hour prior to their event start time.*

## Coaches' Meeting: 8:45am at the finish line

### TRACK EVENTS:

- All events are either finals or timed finals.
- Order of events: girls A, girls B, boys A, boys B

All events after the 4x100 relay have been moved 30-minutes earlier based on last year's speed.

TIME	EVENT	ORDER
9:30am	4x100m Relay ● A and B timed finals	Grades 7, 6, 5, 4
10:50am	1200m ● A and B finals (together)	Grades 7, 6
11:30pm	1000m ● A and B finals (together)	Grades 5, 4
12:10pm	100m ● A and B timed finals	Grades 7, 6
12:30pm	60m ● A and B timed finals	Grades 5, 4
1:00pm	800m ● A and B finals (together)	Grades 7, 6
1:30pm	600m ● A and B finals (together)	Grades 5, 4
2:00pm	200m ● A and B timed finals	Grades 7, 6, 5, 4
2:45pm	Medley (600, 200, 200, 200) ● A timed final only ● Girls Race and Boys Race will run together	Grades 4, 5, 6, 7 Change order for

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- Girls are competing in HJ Pit 1, LJ Pit 1, and SP Ring 1.
- Boys are competing in HJ Pit 2, LJ Pit 2, and SP Ring 2.
- There is only 1 discus ring.

<b>TIME</b>	<b>EVENT</b>
9:30am	Grade 7 Boys discus
10:00am	Grade 6 Girls and Boys Shot Put Grade 7 Girls and Boys High Jump Grade 5 Girls and Boys Long Jump
10:30am	Grade 7 Girls Discus
11:30am	Grade 7 Girls and Boys Shot Put Grade 4 Girls and Boys High Jump Grade 6 Girls and Boys Long Jump
11:45pm	Grade 6 Boys Discus
12:45pm	Grade 6 Girls Discus
1:15pm	Grade 5 Girls and Boys Shot Put Grade 6 Girls and Boys High Jump Grade 4 Girls and Boys Long Jump
1:45pm	Grade 5 Boys Discus
2:30pm	Grade 4 Girls and Boys Shot Put Grade 5 Girls and Boys High Jump Grade 7 Girls and Boys Long Jump
2:45pm	Grade 5 Girls Discus