

**LMISSTFA Independent League Finals
Schedule of Events
May 8 & 9, 2025
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 8, 2025)

Coaches Meeting 8:40am (near finish line tent)

First Event Field 9:00am Track 9:30am

Track Event Schedule

EVENT	TIME	AGE	GENDER
110m Hurdles @36"	9:30am	Senior (Gr. 11/12)	Boys
100m Hurdles @36" @33" @33"	9:40am	Junior (Gr. 9/10)	Boys
	9:50am	Senior (Gr. 11/12)	Girls
	9:55am	Gr. 8	Boys
80m Hurdles @30" @30"	10:00am	Junior (Gr. 9/10)	Girls
	10:05am	Gr. 8	Girls
400m	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
1500m	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
100m	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
4x100m Relay	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
1500m Steeplechase	1:50pm	Junior @ 30"	Girls
	2:10pm	Junior @ 30"	Boys
2000m Steeplechase	2:30pm	Senior @ 30"	Girls
		Senior @ 33"	Boys

Field Event Schedule

EVENT	TIME	AGE	GENDER
Long Jump	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

High Jump	9:00am	Junior	Girls
	10:30am	Senior	Girls
	11:30am	Gr. 8	Girls

Discus	9:30am	Senior (1kg)	Girls
	10:30am	Gr. 8 (1kg)	Girls
	12:00pm	Junior (1kg)	Girls
Javelin	9:00am	Gr. 8 (600g)	Boys
	10:00am	Junior (700g)	Boys
	11:30am	Senior (800g)	Boys
Shot Put	11:00am	Gr. 8 (3kg)	Girls
	12:00pm 12:30pm*	Junior (3kg)	Girls
	1:00pm 1:30pm*	Senior (4kg)	Girls
Hammer	1:30pm	All Divisions	All Genders

Day 2 (May 9, 2025)

Coaches Meeting 8:40am (near finish line tent)

First Event Field 9:00am Track 9:30am

Track Event Schedule

EVENT	TIME	AGE	GENDER
800m	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
200m	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

3000m	11:00am	All Ages	Girls
	11:15am	All Ages	Boys
4x400m Relay	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
1500m Racewalk	1:15pm	Junior & Senior	Girls & Boys
400m Hurdles @36" @30"	1:30pm	Senior	Boys
	1:50pm	Senior	Girls
300m Hurdles @33" @30"	2:10pm	Junior	Boys
	2:30pm	Junior	Girls
200m Hurdles @30" @30"	2:40pm	Gr. 8	Boys
	2:50pm	Gr. 8	Girls

Field Event Schedule

EVENT	TIME	AGE	GENDER
Triple Jump	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
High Jump	9:30am	Gr. 8	Boys
	11:00am	Junior	Boys
	12:30pm	Senior	Boys
Discus	9:00am	Senior (1.75kg)	Boys
	10:00am	Gr. 8 (1kg)	Boys

	11:00am	Junior(1.5kg)	Boys
Javelin	9:30am	Gr. 8(500g)	Girls
	10:30am	Junior(500g)	Girls
	12:00pm	Senior(600g)	Girls
ShotPut	11:00am	Gr. 8(4kg)	Boys
	12:00pm	Junior(5kg)	Boys
	1:00pm	Senior(6kg)	Boys
PoleVault	1:30pm	All Divisions	All Genders