**SCHEDULE OF EVENTS (Meet will go up to 10 minutes ahead of schedule)**

**UCDSB East Region Championship – May 27, 2025**

**Events:**

**Age groups:**

* Junior- Grade 7 students
* Senior - Grade 8 Students (\*\* No 16-year old athletes will be allowed to compete)

**Track Events:**

**100 & 200** - in lanes

**400** – in lanes

**800** - Box start with up to 2 per lane

**1500** - Waterfall start

**Field**:

**Long jump**

**triple jump**

**shot put (6lb)**

**Turbo Jav**

**High Jump** - Vertical jump (exhibition so just show up at the event), High Jump (will not be contested at this meet, if you wish an athlete to go to UC Cup for this event, please enter them in the registration system with a seed mark that they have already done in practice or at another competition). Vertical Jumpers can just show up at the event. Do not enter in the registration system.

**TRACK EVENT SCHEDULE**

9:00 am 400 metre Jr. Girls - timed sections

400 metre Jr. Boys - timed sections

400 metre Sr. Girls - timed sections

400 metre Sr. Boys - timed sections

10:00 am 1500 metre Jr. Girls & Sr. Girls (combined) - timed sections

1500 metre Jr. Boys & Sr. Boys (combined) - timed sections

10:30 am 100 metre Jr. Girls- timed sections

100 metre Jr. Boys- timed sections

100 metre Sr. Girls- timed sections

100 metre Sr. Boys- timed sections

11:30 pm 4x400 metre RELAY TIMED FINALS (Note order- Open Girls, Open Boys)

12:00 pm 200 metre Jr. Girls- timed sections

200 metre Jr. Boys- timed sections

200 metre Sr. Girls- timed sections

200 metre Sr. Boys- timed sections

12:30 pm 800 metre Jr. Girls- timed sections

800 metre Jr. Boys- timed sections

800 metre Sr. Girls- timed sections

800 metre Sr. Boys- timed sections

1:30 pm 4x100 metre RELAY TIMED FINALS

(Note order- Jr. Girls, Jr. Boys, Sr. Girls, Sr. Boys)

**FIELD EVENT SCHEDULE**

9:00 am Jr. Girls Turbo Jav

Jr Boys Triple Jump

Sr. Girls Shot Put

Sr. Boys Triple Jump (pit closest to the fence)

Jr. Boys Vertical Jump

10:10 am Jr Girls Triple Jump (pit closest to the fence)

Jr. Boys Turbo Jav

Sr Girls Long Jump

Sr Boys Shot Put

Jr Girls Vertical Jump

11:10 pm Jr Girls Shot Put

Jr Boys Long Jump

Sr Girls Triple Jump (pit closest to the fence)

Sr. Boys Turbo Jav

Sr Boys Vertical Jump

12:20 pm Jr Girls Long Jump (pit closest to the fence)

Jr Boys Shot Put

Sr. Girls Turbo Jav

Sr. Boys Long jump

Sr. Girls Vertical Jump

**Events:**

All age categories can compete in the following events:

* Track: 100, 200, 400, 800, 1500 and 4x100 & 4x400 meter (open) relay races
* Field: Long jump, triple jump, shot put (6lb), Turbo Jav, Vertical jump (exhibition so just show up at the event), High Jump (will not be contested at this meet, if you wish an athlete to go to UC Cup for this event, please enter them in the registration system with a seed mark that they have already done in practice or at another competition)