

Coquitlam/Maple Ridge Track and Field Championships
May 5th and May 9th
Percy Perry Stadium, Town Centre, Coquitlam

Track Event Schedule

This is a rolling schedule, athletes should be prepared to run up to 30 minutes prior to the scheduled start time.

MONDAY, MAY 5TH		FRIDAY, MAY 9TH	
TIME	EVENT/CATEGORIES	TIME	EVENT/CATEGORIES
3:30	Coaches' Meeting	3:45	100m Final Gr8G, Gr8B, JrG, JrB, SrG, SrB
4:00	100m Heats (Gr8G, Gr8B, JrG, JrB, SrG, SrB)	4:15	1500m Racewalk Open Girls and Open Boys
4:40	1500m Steeplechase Gr8, Jr Girls, boys, Sr Girls @30' 2000 m Steeplechase Sr boys @33'	4:40	110 mH (36') Sr Boys 100 mH (36") JrB 100 mH (33") SrG, Gr8B 80 mH (30") Gr8G, JrG
5:25	400m Timed Final Gr8G, Gr8B, JrG, JrB, SrG, SrB	5:10	3000m Open Girls, Open Boys
6:00	4x100m Relay Timed Final Gr8G, Gr8B, JrG, JrB, SrG, SrB	6:00	200m Timed Final Gr8G, Gr8B, JrG, JrB, SrG, SrB
6:40	200mH (27") Gr8G,Gr8B 300mH (30") JrG, JrB	6:30	800 m Gr8G, Gr8B, JrG, JrB, SrG, SrB
7:10	400mH (30") SrG, SrB	7:10	4 x 400m Gr8G, Gr8B, JrG, JrB, SrG, SrB
7:20	1500m Gr8G, Gr8B, JrG, JrB, SrG, SrB		

Field Event Schedule May 5th

Time	High Jump	Triple Jump	Discus	Hammer
4:00	Gr8/Jr Boys	Sr Girls	Gr.8/Jr Girls	
4:40	Gr8/Jr Girls	Sr Boys	Sr Girls	
5:25	Sr Girls	Gr8/Jr Girls	Gr8/Jr Boys	
6:00			Sr Boys	
6:40	Sr Boys	Gr8/Jr Boys		Open Girls
7:10				Open Boys

Field Event Schedule May 9th

Time	Long Jump	Shot Put	Javelin
3:45	Gr8/JrBoys Pit A	Sr Girls	Sr Boys
4:25	Sr Boys Pit B	Gr8/Jr Boys	Gr8/Jr Girls
5:15	Gr8/Jr Girls Pit A	Sr Boys	Sr Girls
6:00	Sr Girls Pit B	Gr8/Jr Girls	Gr8/Jr Boys