**INVERNESS/RICHMOND DISTRICT**

**TRACK & FIELD MEET**

|  | **JR GIRLS** | **JR BOYS** | **INT GIRLS** | **INT BOYS** | **SR GIRLS** | **SR BOYS** |
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| **10:00-11:30** | **100M** |  |  |  |  |  |
|  |  | **100M** |  |  |  |  |
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|  |  |  |  |  |  | **100M** |
| **10:00-11:00** | **Triple J.** | **Shot Put** | **High J.** | **Discus** | **Long J.** | **Javelin** |
| **11:00-12:00** | **Javelin** | **Triple J.** | **Long J.** | **High J.** | **Discus** | **Shot Put** |
| **11:30-12:30** | **800M** |  |  |  |  |  |
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| **12:00-1:00** | **Shot Put** | **Javelin** | **Triple J.** | **Long J.** | **High J.** | **Discus** |
| **12:30-1:30** | **200M** |  |  |  |  |  |
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| **1:00-2:00** | **Discus** | **Long J.** | **Javelin** | **Triple J.** | **Shot Put** | **High J.** |
| **1:30-2:30** | **1500M** |  |  |  |  |  |
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| **2:00-3:00** | **High J.** | **Discus** | **Shot Put** | **Javelin** | **Triple J.** | **Long J.** |
| **2:30-3:30** | **400M** |  |  |  |  |  |
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|  |  |  |  |  |  | **400M** |
| **3:00-4:00** | **Long J.** | **High J.** | **Discus** | **Shot Put** | **Javelin** | **Triple J.** |

 **\*\* Supported Athletes - the 100m event will take place after the 10:00am 100m races, the shot put after the 11:00am field events and the long jump after the 12:00pm field events. If time allows, we will push to events closer together.**