

ST ALBERT CHALLENGE

Friday - Field Schedule

Time	Pole Vault	Hammer
4:40 PM		Warm Up
4:50		
5:00		U14 Girls
5:10	Warm Up	
5:20		
5:30	U16/18/Open Men/Women	Warm Up
5:40		
5:50		U16/U18 Women
6:00		
6:10		
6:20		
6:30		
6:40		
6:50		Warm Up
7:00		
7:10		U14/U16/U18 Men

ST ALBERT CHALLENGE

Saturday - Field Schedule

Time	SLJ Mat	LJ Pit 1 100m start	LJ Pit 2 200m start	HJ 1 - RED	HJ 2 - BLUE	SP - 1 - Wood Circle	SP - 2 - Circle	Disc
		Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	
9:00 AM		u12 boys	u12 boys	U14 Girls	U 14 Girls	U10 Girls	U16 Men	
9:10								
9:20								
9:30						U10 Boys		
9:40							Warm Up	
9:50								
10:00		Warm Up					U16 Women	
10:10								
10:20		U16 Men TJ						
10:30				Warm Up	Warm Up			
10:40						Warm Up	Warm Up	
10:50				u14 B	u14 Boys			
11:00						U12 Boys	U12 Boys	
11:10		Warm Up	Warm Up					
11:20								
11:30		u12 Girls	u12 girls					
11:40								
11:50								
12:00 PM								
12:10								
12:20		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30								
12:40	Warm Up	Warm Up				Warm Up	Warm Up	
12:50				Warm Up	Warm Up			
1:00	U10 Girls	u16 girls TJ				U14 Girls	U14 Girls	
1:10				u18/open M	u16 Men	Flight 1	Flight 2	
1:20								
1:30	U10 Boys							
1:40								

[illegible]

ST ALBERT CHALLENGE

Sunday - Field Schedule

Time	SLJ Mat	Turbo Javelin	Pit 1 100m start	LJ Pit 2 200m start	Disc - 2 - Cage Circle	Javelin	Hammer
			Warm Up	Warm Up	Warm Up	Warm Up	
9:00 AM	Warm Up	U10 Boys LJ	u14 Girls	u14 Girls	U14 Boys	U16/18/Open Women	
9:10							
9:20	U12 Girls						
9:30							
9:40		Warm Up	Warm Up	Warm Up			
9:50	Warm Up						
10:00		U10 Girls LJ	U14 Boys	u14 Girls			
10:10	U12 Boys						
10:20						Warm Up	
10:30							
10:40			Warm UP			U16/18/Open M	
10:50				U10 Girls			
11:00			U16 Men				
11:10							
11:20		Warm Up					
11:30							
11:40		U12 Girls		U 10 Boys			
11:50							
12:00 PM							
12:10		Warm Up			Lunch		
12:20							
12:30		U12 Boys	Lunch	Lunch	Warm Up		
12:40							
12:50			Warm UP	Warm UP	U16/18 Open W		
1:00							

1:10			U16 Women	U16 Women			
1:20							
1:30							
1:40					Warm Up		
1:50							
2:00			Finals		U16/18 Open M		
2:10							
2:20							
2:30							
2:40			Warm UP	Warm UP			
2:50							
3:00			U18/Open Men	U18/Open Women			Warm Up
3:10							
3:20							Open Women
3:30							
3:40							
3:50							
4:00							Warm Up
4:10							
4:20							Open Men