

# GREYHOUNDS “TRY-IT” Track and Field OPEN HOUSE

**Saturday, April 4 2026**

1290 Pipeline Drive Coquitlam, BC



## Schedule of Events

(Rolling schedule. Event times may change depending on number of entries)

### 9:00 Warm Up

#### Track Events

**9:30 1500M**

**9:45 60m**

**10:00 400m**

**10:15 Sprint Hurdles (80mh, 100mh, 110mh)**

**10:45 100m**

**11:00 800m**

**11:15 200m**

**4x100m relay (if time permits)**

#### Jumping Events

**9:30 Pole Vault**

**10:00 High jump**

**10:30 Long jump**

**11:30 Triple Jump**

**\*Up to 6 jumps (if possible). Minimum 3 jumps**

#### Throwing Events

**9:30 Hammer Throw**

**10:00 Discus**

**10:30 Javelin**

**11:00 Shot Put**

**11:30 Weight Throw**

**\*Up to 6 throws (if possible). Minimum 3 throws**