

**LMISSFTA Track League Meet #1 @ UBC**

**ELECTRONIC TIMING\*** \*Coaches will need to pre-register athletes via Trackie

**Wednesday April 15th, 2026**

Coaches Meeting      11:00am      (Finish Line)  
 First Event            11:15am

**Track Event Schedule**

*Approximate Event Start Times*

|        |         |  |   |
|--------|---------|--|---|
| 100m   | 11:15am | Gr. 8 Girls<br>Gr. 9/10 Girls<br>Gr. 11/12 Girls                             | Gr. 8 Boys<br>Gr. 9/10 Boys<br>Gr. 11/12 Boys |
| 400m   | 12:15am | Gr. 8 Girls<br>Gr. 9/10 Girls<br>Gr. 11/12 Girls                             | Gr. 8 Boys<br>Gr. 9/10 Boys<br>Gr. 11/12 Boys |
| 1500m  | 1:45pm  | Gr. 8 - 10 Girls<br>Gr. 11 - 12 Girls<br>Gr. 8 - 10 Boys<br>Gr. 11 - 12 Boys |   |
| 4x100m | 2:15pm  | Gr. 8 Girls<br>Gr. 9/10 Girls<br>Gr. 11/12 Girls                             | Gr. 8 Boys<br>Gr. 9/10 Boys<br>Gr. 11/12 Boys |

**Field Event Schedule**

|                |               |   |                  |               |                            |
|----------------|---------------|---|------------------|---------------|----------------------------|
| <b>Discus</b>  | 11:15-12:30pm | Gr 8 Boys (1kg)<br>Junior Boys (1.5kg)  | <b>Shot Put</b>  | 11:15-12:15pm | Senior Girls               |
|                | 12:30-1:15pm  | Senior Boys (1.75kg)                    |                  | 12:30-1:30pm  | Gr 8 Girls<br>Junior Girls |
| <b>Javelin</b> | 11:15-12:30pm | Senior Boys (800g)                      | <b>Long Jump</b> | 11:15-12:30pm | Gr 8-10 Girls              |
|                | 12:30-1:15pm  | Gr 8- Boys (600g)<br>Junior Boys (700g) |                  | 12:30-1:30pm  | Senior Girls               |