

# LMISSTFA Track League Meet #3 @ UBC

**Monday, April 27th, 2026**

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

Coaches Meeting      11:00am (Finish Line)

First Event            11:15am

**Track Event Schedule**

*Approximate Event Start Times*

Sprint Hurdles	11:15am	Gr. 11/12 Boys Gr. 9/10 Boys Gr. 11/12 Girls	110m @ 36" or 0.914m <b>Red —</b> 100m @ 36" or 0.914m <b>Yellow</b> 100m @ 33" or 0.838m <b>Yellow</b>
— — —		Gr. 8 Boys	100m @ 33" or 0.838m <b>Yellow</b>
		Gr. 9/10 Girls Gr. 8 Girls	80m @ 30" or 0.762m <b>Black O</b> 80m @ 30" or 0.762m <b>Black O</b>
200m	12:00pm	Gr. 8 Girls Gr. 9/10 Girls Gr. 11/12 Girls	Gr. 8 Boys Gr. 9/10 Boys Gr. 11/12 Boys
3000m	12:45pm	All Girls All Boys	
1500m Racewalk	1:15pm	All Girls & Boys Combined	
Distance Hurdles hurdles) hurdles)	1:30pm	Gr. 11/12 Boys Gr. 11/12 Girls	400m @ 36" or 0.840m (10 400m @ 30" or 0.762m (10
hurdles)	<b>Green —</b>	Gr. 9/10 Boys	300m @ 33" or 0.840m (7
hurdles)		Gr. 9/10 Girls	300m @ 30" or 0.762m (7
hurdles)		Gr. 8 Girls	200m @ 30" or 0.762m (5
hurdles)		Gr. 8 Boys	200m @ 30" or 0.762m (5
4x100m	2:15pm	Gr. 8 Girls Gr. 9/10 Girls Gr. 11/12 Girls	Gr. 8 Boys Gr. 9/10 Boys Gr. 11/12 Boys

## Field Event Schedule

<b>Triple Jump</b>	11:15-12:30pm	Gr 8-10 Girls	<b>Long Jump</b>	11:15-12:30pm	Senior Boys
	12:30-1:30pm	Senior Girls		12:30-1:30pm	Gr 8-10 Boys
<b>Shot Put</b>	11:15-12:30pm	Gr 8 Boys (4kg) Junior Boys (5kg)	<b>High Jump</b>	11:15-12:30pm	Senior Girls
	12:30-1:15pm	Senior Boys (6kg)		12:30-1:30pm	Gr. 8-10 Girls