

West Kootenay Legion Meet 2026 Schedule (tentative)

			U10	U12	U14	U16	U18	U20	S	M
Track Events										
10:00	Opening Ceremony									
10:50	60 M Hurdles Final	U12 Girls								
10:55	60 M Hurdles Final	U12 Boys								
11:00	80 M Hurdles Final	U14 Girls								
11:05	80 M Hurdles Final	U14 Boys								
11:15	80 M Hurdles Final	U16 Girls/Boys								
11:20	100 M Hurdles Final	U18, U20, Senior, Master Women/Men								
11:35	1500 M Final	U18, U20, Senior, Master Women								
11:45	1500 M Final	U18, U20, Senior, Master Men								
12:05	1200 M Final	U14, U16 Boys								
12:15	1200 M Final	U14, U16 Girls								
12:25	200 M Final	U16,U18, U20, Senior, Master Women								
12:30	200 M Final	U16, U18, U20, Senior, Master Men								
12:35	200 M Final	U14 Girls								
12:40	200 M Final	U14 Boys								
12:45	200 M Final	U12 Girls								
12:55	200 M Final	U12 Boys								
BREAK	60M fun run	Track Rascals 2022-2018 youth								
01:45	100 M Final	U10, U12 Girls								
01:50	100 M Final	U10, U12 Boys								
01:55	100 M Final	U14 Girls								
02:00	100 M Final	U14 Boys								
02:05	100 M Final	U16 Girls								
02:10	100 M Final	U18 Girls, U20, Senior, Master Women								
02:15	100 M Final	U16 Boys, U18 Boys, U20, Senior, Master Men								
02:20	60 M Final	U10, U12 Boys								
02:25	60 M Final	U10, U12 Girls								
02:30	300 M Final	U14 Girls								
02:35	300 M Final	U14, U16 Boys								
02:40	300 M Final	U16 Girls								
02:45	400 M Final	U18, U20, Senior, Master Women								
02:50	400 M Final	U18, U20, Senior, Master Men								

03:00	600 M Final	U10, U12 Girls											
03:05	600 M Final	U10, U12 Boys											
03:10	800 M Final	U14, U16 Boys											
03:15	800 M Final	U14, U16 Girls											
03:20	800 M Final	U18, U20, Senior, Master Women											
03:25	800 M Final	U18, U20, Senior, Master Men											
Field Events													
			U10	U12	U14	U16	U18	U20	S	M			
10:20	High Jump	U16 Girls											
10:20	Long Jump - Pit A	U18, U20, Senior, Master Women											
10:50	High Jump	U16, U18, U20, Senior, Master Men											
11:00	Shot Put - Circle A	U18, U20, Senior, Master Women											
11:20	Triple Jump - Pit A	U14, U16, U18, U20, Senior, Master Women											
11:20	Long Jump - Pit B	U10, U12, U14 Girls											
11:20	High Jump	U10, U12, U14 Boys											
11:20	Javelin	U12, U14, U16, U18, U20, Senior, Master Men											
11:40	Shot Put - Circle A	U14, U16 Girls											
12:10	High Jump	U18, U20, Senior, Master Women											
12:40	Shot Put - Circle A	U10, U12, U14, U16, U18, U20, Senior, Master Men											
12:50	Long Jump - Pit A	U16 Girls											
12:50	High Jump - Pit A	U10, U12, U14 Girls											
12:50	Long Jump - Pit B	U16, U18, U20, Senior, Master Men											
01:00	Javelin	U14, U16, U18, U20, Senior, Master Women											
02:00	Long Jump - Pit A	U10, U12, U14 Boys											
02:00	Hammer - Circle B	U14, U16, U18, U20, Seniors, Masters Men/Women											
02:50	Discus - Circle B	U12, U14, U16, U18, U20, Senior, Master Women											
03:10	Discus - Circle B	U12, U14, U16, U18, U20, Senior, Master Men											
03:30	Triple Jump - Pit A	U14, U16, U18, U20, Senior, Master Men											

Notes: 1). Times are approximate and events may start earlier if the schedule permits.
2). All races are Finals.

