

Lunenburg/Queens Track and Field Championships
Schedule of Events
May 12/13//14, 2023 (Rain date May 15th)

Tuesday May 12th at Liverpool track

5:00 pm Hurdles

80 m Junior Girls heats

80m Junior Boys heats

80m Intermediate Girls heats

80m Junior Girls B and A finals (assuming more than 8)

80m Junior Boys B and A finals

(Assuming more than 8)

80m Intermediate girls finals (if more than 8)

100m Senior Girls finals (assuming less than 8)

100m Intermediate Boys finals

110m Senior Boys finals

Wednesday May 13th at PVEC

9:30 a.m. Coaches meeting
9:45 a.m. Athletes meeting

Wednesday, May 13 Schedule of Track Events

10:30 a.m.	100m	Supported Athletes (Juniors then Seniors)
11:00 a.m.	400m Heats	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
12:30 p.m.	100m Heats	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
2:00 p.m.	1500m Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
3:30 p.m.	100m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
4:00 p.m.	400m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

Wednesday, May 13 Schedule of Field Events

11:15am

Shot Put- Supported Athletes Seniors
Long Jump - Supported Athletes Juniors

12:15pm

Long Jump - Supported Athletes Seniors
Shot Put- Supported Athletes Juniors

10:00 a.m.

Long Jump - Int. Boys
High Jump - Jr. Girls
Triple Jump - Int. Girls
Shot Put - Jr. Boys
Discus - Sr. Girls
Javelin - Sr. Boys

1:00 p.m.

Long Jump - Jr. Boys
High Jump - Int. Girls
Triple Jump - Sr. Girls
Shot Put - Sr. Boys
Discus - Jr. Girls
Javelin - Int. Boys

3:00 p.m.

Long Jump - Sr. Boys
High Jump - Sr. Girls
Triple Jump - Jr. Girls
Shot Put - Int. Boys
Discus - Int. Girls
Javelin - Jr. Boys

Thursday, May 14 Schedule of Track Events

10:00 a.m.	200m Heats	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
11:30 a.m.	800m Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
12:30 p.m.	4 x 100 Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
2:00 p.m.	200m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
2:45 p.m.	3000m Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys
4:00 p.m.	4 x 400m Timed Finals	Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

Thursday, May 14 Schedule of Field Events

11:00 a.m.

Long Jump - Int. Girls
High Jump - Sr. Boys
Triple Jump - Jr. Boys
Shot Put - Jr. Girls
Discus - Int. Boys
Javelin - Sr. Girls

1:00 p.m.

Long Jump - Jr. Girls
High Jump - Jr. Boys
Triple Jump - Int. Boys
Shot Put - Sr. Girls
Discus - Sr. Boys
Javelin - Int. Girls

3:00 p.m.

Long Jump - Sr. Girls
High Jump - Int. Boys
Triple Jump - Sr. Boys
Shot Put - Int. Girls
Discus - Jr. Boys
Javelin - Jr. Girls

**Nova Scotia School Athletic Federation
Lunenburg/Queens District Track and Field Championships**

Meet Officials

Meet Directors:	Dean McDow and Selena Davidson
Clerk of the Course	Fred Forsyth
Announcer	Easton Shupe
Track Referee	various
Head Field Judges	Tammy Gaudet
Placers	PVEC students
Head Timer/Finish Line Judge	Trevor McMullen, Lydia Hebb
Timers	PVEC students
Starters	Jake Archibald, Ethan Hooper
Registrar	Selena Davidson
Scoring	Selena Davidson, Rowan Gray
Jury of Appeal (3)	Steve Bishop, Andrew Himmelman, Bre Haley
Awards Presentations	Done following each event
First Aid Station	Bring your own supplies
Canteen	Service trades students

Event Responsibility

Hurdles	We will need all Sportfactor hurdles to the track by Monday
Javelin	South Queens, Liverpool,
Shot Put	Park View, New Ross, Bayview
Discus	CAMS, New Germany
High Jump	Hebbsville, Devi, Rive Sud
Long Jump	Bridgewater, Bluenose Academy
Triple Jump	Forest Heights, North Queens
4 X 100m relay 1st corner -	Park View, South Queens, LRHS, North Queens
2nd corner -	Bluenose Academy, Bayview, Hebbsville, Bridgewater
3rd corner -	CAMS, Forest Heights, Rive Sud, New Germany

Regional Representation (at KES Friday May 22nd and Saturday May 23rd)
4 track, 5 field, 4 relays

Provincial Representation (Dartmouth) – May 29/May 30
Top 4 regional placements in all events
(5th place alternates can only replace an athlete from their own Region)

Scratch rule by 5pm the Monday before Provincials
<file:///Users/pvec-staff/Downloads/T&F%20Provincial%20Program%202024-2025.pdf>