

West Kootenay Legion Meet 2026 Schedule

Time:	Running Events	Group	Throws	Group	Jumps	Group
10:00	OPENING CEREMONIES					
10:10	Set up		Set up		Long Jump	U16 Females
10:20	Set up		Shot Put	U10-U14 Females		
10:50	60mH	U12 Male/Female	Javelin	U16-Masters Male/Female	High Jump	U10-U14 Males/Females
10:55	80mH	U14-U16 Females				
11:00	80mH	U14-U16 Males				
11:05	100mH	U18 Males				
11:10	1500m	U18-Masters Male				
11:20	1200m	U14-U16 Females				
11:35	1200m	U14-U16 Males	Discus	U16-Masters Male/Female		
11:40	Break 15 min					
11:45					Triple Jump	U14-U16 Male/Female
11:55	200m	U10-U12 Females				
12:00	200m	U14-U16 Females				
12:05	200m	U14-Masters Males				
12:15	100m	U10-U12 Females			High Jump	U16-Masters Male/Female
12:25	100m	U12-U14 Males	THROWS BREAK 35 min			
12:30	100m	U14 Females				
12:35	100m	U16 Males				
12:40	100m	U16 Females				
12:45	100m	Masters Male/Females				
12:55	60m Fun Run	2018-2022 kids			JUMPS BREAK 35 min	
1:00	RACE BREAK 35 min		Shot Put	U16-Masters Male		

1:30			Javelin	U12-U14 Male/Females	Long Jump	U10-U14 Male/Female
1:50	60m	U10-Masters Males				
1:55	60m	U10-U14 Females				
2:00	300m	U14-U16 Females	Discus	U10-U14 Male/Females		
2:05	400m	Masters Male				
2:10	600m	U10-U12 Males/Females				
2:15	800m	U14-U16 Males			Long Jump	U16-Masters Males
2:20	800m	U14-U16 Females				
2:25	800m	Masters Males				
2:30	4x100 Relay	Open to everyone				
2:40		Fun relay	Hammer	U14-U16 Male/Females		
3:00	Meet Finished - Clean up					

Time:

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