

**FIELD EVENTS SCHEDULE – SUB ZERO MEET**

<b><u>HIGH JUMP</u></b>	<b><u>LONG JUMP</u></b>	<b><u>TRIPLE JUMP</u></b>
11:00 – All Girls	11:00 – 16 & older Boys	11:00 – 16 & older Girls
12:00 – All Boys	11:30 – 9/10 Girls	11:30 – 14/15 Boys
	12:30 – 14/15 Boys	12:30 – 13 yr. old Boys
	1:00 – 9/10 Boys	1:00 – 13 yr. old Girls
	1:30 - 16 & older Girls	1:30 – 14/15 Girls
	2:00 – 11/12 Girls	2:00 – 16 & older Boys
	2:30 – 11/12 Boys	2:30 – 13 year old Boys <b>Long Jump**</b>
	3:00 – 13 yr. old Girls	**this event will be done in the TJ pit
	3:30 – 14/15 Girls	
<b><u>DISCUS</u></b>	<b><u>JAVELIN</u></b>	<b><u>Shot Put</u></b>
11:00 – 13 yr. old Girls	11:00 – 14/15 Boys	11:00 – 11 /12 Girls
11:45 – 13 yr. old Boys	11:45 – 16 and older Girls	11:45 – 11 /12 boys
12:30 – 14/15 Girls	12:30 – 16 & older Boys	12:30 – 9 /10 Girls
1:15 – 16 & older Girls	1:15 – 14/15 Girls	
2:00 – 14/15 Boys	2:00 – 13 yr. old Boys	2:00 – 9/10 Boys
2:45 – 16 & older Boys	2:30 – 13 yr. old Girls	
Athletes 13 and younger will have 3 attempts. Athletes 14 and older will have 4 attempts. All field events will be held as per normal rules.		

**TRACK EVENTS SCHEDULE**

Track Events will begin at 11:00 am. All Track events will begin with the youngest group of Girls to the oldest group of Boys. Please listen carefully for announcements.

**ORDER OF EVENTS**

**11:00 - 1000/1200/1500 meters Timed Final**

**11:45 - Sprint Hurdles (14/15 yrs)**

**12:00 - 200/300/400 meter Timed Final**

**1:00 - 60 meter Track rascal athletes only**

**1:15 - 100 meter Timed Finals**

**2:00 - 600/800 meter timed Final**

**2:45 - 4 x 100 relays Timed Final**