**LMISSTFA Zone Championships**

@ Swangard Stadium, Burnaby

May 10-11, 2016

**ZONE CHAMPIONSHIP ENTRY DEADLINE: Wednesday May 4th, 2016 10:00pm**

*Email entries (on excel) to Ted De St. Croix* [*tdsc@sotique.com*](mailto:tdsc@sotique.com) *& Gillian Wright* [*gwright@wpga.ca*](mailto:gwright@wpga.ca)

**All athletes MUST compete in the same age category at Zone Championships as they wish to compete in at BC’s.**

**Tuesday May 10, 2016**

Coaches Meeting 8:40am (near finish line tent)

First Event Field 9:00am Track 9:20am

**Track Event Schedule** - Day 1 - Tuesday May 10, 2016

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| **EVENT** | **TIME** | **AGE** | **GENDER** |
| **800m** | 9:20am | Gr. 8 | Girls |
| 9:30am | Junior (Gr. 9/10) | Girls |
| 9:40am | Senior (Gr. 11/12) | Girls |
| 9:50am | Gr. 8 | Boys |
| 10:00am | Junior (Gr. 9/10) | Boys |
| 10:10am | Senior (Gr. 11/12) | Boys |
| **200m** | 10:20am | Gr. 8 | Girls |
| 10:25am | Junior (Gr. 9/10) | Girls |
| 10:30am | Senior (Gr. 11/12) | Girls |
| 10:35am | Gr. 8 | Boys |
| 10:40am | Junior (Gr. 9/10) | Boys |
| 10:45am | Senior (Gr. 11/12) | Boys |
| **3000m** | 10:50am | All Ages | Girls |
| 11:10am | All Ages | Boys |
| **4x100m Relay** | 11:50am | Gr. 8 | Girls |
| 12:00pm | Junior (Gr. 9/10) | Girls |
| 12:10pm | Senior (Gr. 11/12) | Girls |
| 12:20pm | Gr. 8 | Boys |
| 12:30pm | Junior (Gr. 9/10) | Boys |
| 12:40pm | Senior (Gr. 11/12) | Boys |
| **1500m Racewalk** | 1:15pm | Junior & Senior | Girls & Boys |
| **300m Hurdles** @36”    @30” | 1:40pm | Senior | Boys |
| 2:00pm | Senior | Girls |
| **400m Hurdles** @30”    @33” | 2:20pm | Junior | Girls |
| 2:45pm | Junior | Boys |

**Field Event Schedule** - Day 1 - Tuesday May 10, 2016

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| **EVENT** | **TIME** | **AGE** | **GENDER** |
| **Javelin** | 9:00am | Gr. 8 (500g) | Girls |
| 10:00am | Gr. 8 (600g) | Boys |
| **Triple Jump** | 9:00am | Junior | Boys |
| 10:15am | Senior | Boys |
| 11:30am | Junior | Girls |
| 12:30pm | Senior | Girls |
| 1:30pm | Gr. 8 | Boys |
| 2:30pm | Gr. 8 | Girls |
| **High Jump** | 9:30am | Gr. 8 | Boys |
| 11:00am | Junior | Boys |
| 12:30pm | Senior | Boys |
| **Discus** | 9:00am | Junior (1.5kg) | Boys |
| 10:30am | Senior (1.75kg) | Boys |
| 12:00pm | Gr. 8 (1kg) | Boys |

**Wednesday May 11, 2016**

Coaches Meeting 8:40am (near finish line tent)

First Event Field 9:00am Track 9:10am

**Track Event Schedule** - Day 2 - Wednesday May 11, 2016

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| **EVENT** | **TIME** | **AGE** | **GENDER** |
| **110m Hurdles** @39” | 9:10am | Senior (Gr. 11/12) | Boys |
| **100m Hurdles** @36”    @33”    @33”    @30” | 9:20am | Junior (Gr. 9/10) | Boys |
| 9:30am | Gr. 8 | Boys |
| 9:35am | Senior (Gr. 11/12) | Girls |
| 9:45am | Junior (Gr. 9/10) | Girls |
| **80m Hurdles** @30” | 9:55am | Gr. 8 | Girls |
| **400m** | 10:05am | Gr. 8 | Girls |
| 10:10am | Junior (Gr. 9/10) | Girls |
| 10:25am | Senior (Gr. 11/12) | Girls |
| 10:30am | Gr. 8 | Boys |
| 10:35am | Junior (Gr. 9/10) | Boys |
| 10:40am | Senior (Gr. 11/12) | Boys |
| **1500m** | 10:50am | Gr. 8 | Girls |
| 11:00am | Junior (Gr. 9/10) | Girls |
| 11:10am | Senior (Gr. 11/12) | Girls |
| 11:20am | Gr. 8 | Boys |
| 11:30am | Junior (Gr. 9/10) | Boys |
| 11:40am | Senior (Gr. 11/12) | Boys |
| **100m** | 11:50am | Gr. 8 | Girls |
| 11:55am | Junior (Gr. 9/10) | Girls |
| 12:00pm | Senior (Gr. 11/12) | Girls |
| 12:05pm | Gr. 8 | Boys |
| 12:10pm | Junior (Gr. 9/10) | Boys |
| 12:15pm | Senior (Gr. 11/12) | Boys |
| **4x400m Relay** | 12:25pm | Gr. 8 | Girls |
| 12:45pm | Junior (Gr. 9/10) | Girls |
| 12:55pm | Senior (Gr. 11/12) | Girls |
| 1:05pm | Gr. 8 | Boys |
| 1:15pm | Junior (Gr. 9/10) | Boys |
| 1:25pm | Senior (Gr. 11/12) | Boys |
| **1500m Steeplechase** | 2:00pm | Junior & Senior @30” | Girls |
| 2:20pm | Junior @30” | Boys |
| **2000m Steeplechase** | 2:40pm | Senior @33” | Boys |

**Field Event Schedule** - Day 2 - Wednesday May 11, 2016

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| **EVENT** | **TIME** | **AGE** | **GENDER** |
| **Long Jump** | 9:00am | Gr. 8 | Girls |
| 10:00am | Junior | Boys |
| 11:00am | Gr. 8 | Boys |
| 12:00pm | Senior | Boys |
| 1:00pm | Junior | Girls |
| 2:00pm | Senior | Girls |
| **High Jump** | 9:00am | Junior | Girls |
| 10:30am | Senior | Girls |
| 11:30am | Gr. 8 | Girls |
| **Discus** | 9:00am | Senior | Girls |
| 10:30am | Junior | Girls |
| 12:00pm | Gr. 8 | Girls |
| **Shot Put** | 9:00am | Gr. 8 (4kg) | Boys |
| 10:45am | Junior (5kg) | Boys |
| 11:30am | Senior (4kg) | Girls |
| 12:15pm | Junior (3kg) | Girls |
| 1:00pm | Senior (6kg) | Boys |
| 1:45pm | Gr. 8 (3kg) | Girls |
| **Javelin** | 9:00am | Junior (500g) | Girls |
| 10:00am | Senior (600g) | Girls |
| 11:00am | Junior (700g) | Boys |
| 12:00pm | Senior (800g) | Boys |