

2016 FRASER VALLEY TRACK & FIELD CHAMPIONSHIPS

MONDAY MAY 16TH , TUESDAY MAY 17TH & THURSDAY MAY 19TH

PERCY PERRY STADIUM, COQUITLAM

Division: Grade 8/ Junior (Gr. 9 and 10) /Senior (Gr. 11 and 12)

Division Specific Events:

Grade 8 200m Hurdles @ 30"	Open Junior 300m Hurdles @ 30" 1500m Steeplechase @ 30" 1500m Race Walk Hammer – Women (3K) Men (5K)	Open Senior 400m Hurdles – M @ 33" / W @ 30" 1500 Women's Steeple @ 30" 2000m Men's Steeple @ 33"
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TRACK EVENT ORDER

Senior Girls/Junior Girls/ Grade 8 Girls Senior Boys/Junior Boys/Grade 8 Boys

***EXCEPTIONS - Please refer to schedule**

Sprint Hurdle Order / Steeplechase / Intermediate Hurdles /4 X 100m & 4 X 400m Relay Finals

Day 1- Monday May 16th, 2016 - Track Schedule

Time	Event
4:00 pm	400m (Heats)
5:15 pm	3000m (Timed Finals)
6:45 pm	400m (Finals)
7:15 pm	1500 m Race Walk (Timed Finals)
7:45 pm	4 x100m (Heats-Jr./Sr. Divisions only)
8:45 pm	Completion of Day 1

Day 1- Monday May 16th, 2016- Field Schedule

Time	Event
4:00 pm	1. Shot Put- Gr. 8 Girls (3K)
	2. Triple Jump- Gr. 8 Boys
	3. Javelin- Jr. Girls (500g)
	4. Long Jump- Jr. Boys
	5. Discus- Sr. Girls (1K)
	6. High Jump- Sr. Boys
6:00 pm	7. High Jump- Gr. 8 Girls
	8. Shot Put- Gr. 8 Boys (4K)
	9. Triple Jump- Jr. Girls
	10. Javelin- Jr. Boys (700g)
	11. Long Jump- Sr. Girls
	12. Discus- Sr. Boys (1.75 K)
7:15	13. Junior Boys Discus (1.5K)

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Day 2- Tuesday May 17th 2016 – Track Schedule

4:00 pm	100m (Heats)
5:15 pm	*Sprint Hurdles Heats 110m Hurdles/ @39" (Sr. Boys) 100m Hurdles/@ 36"(Jr. Boys) 100m Hurdles @33" (Grade 8 Boys) 100m Hurdles / @33" (Sr. Girls) 80m Hurdles @ 30" (Jr. Girls) 80m Hurdles @ 30" (Gr. 8 Girls)
6:15 pm	1500m (Timed Finals)
7:00 pm	100m (Final)
7:30 pm	*Sprint Hurdles Final – Same order as above
8:00 pm	4x 400m (Timed Finals) *Grade 8 Girls/ Boys / Jr. Girls/ Jr. Boys/ Sr. Girls/ Sr. Boys
9:00 pm	Completion of Day 2

Day 2- Tuesday May 17th, 2016 - Field Schedule

Time	Event
4:00 pm	14. Discus- Gr. 8 Girls (1K)
	15. High Jump- Gr. 8 Boys
	16. Shot Put- Jr. Girls (3 K)
	17. Triple Jump- Jr. Boys
	18. Javelin- Sr. Girls (600g)
	19. Long Jump- Sr. Boys
5:30 pm	20. Long Jump- Gr. 8 Girls
	21. Discus- Gr. 8 Boys (1K)
	22. High Jump- Jr. Girls
	23. Shot Put- Jr. Boys (5K)
	24. Triple Jump- Sr. Girls
	25. Javelin- Sr. Boys (800g)
7:00 pm	26. Javelin- Gr. 8 Girls (500g)
	27. Long Jump- Gr. 8 Boys
	28. Discus- Jr. Girls (1K)
	29. High Jump- Jr. Boys
	30. Shot Put- Sr. Girls (4K)
	31. Triple Jump- Sr. Boys

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Day 3- Thursday May 19th 2016 - Track Schedule

10:00 pm	800m (Heats)
11:00 pm	200m (Heats)
12:00 pm	Intermediate Hurdles – Timed Finals 400m Hurdles @ 36" (Sr. Boys) 400m Hurdles @ 30" (Sr. Girls) 300m Hurdles @ 30" (Jr. Girls) 300m Hurdles @ 33" (Jr. Boys) 200m Hurdles @ 30" (Gr. 8 Boys) 200m Hurdles @ 30" (Gr. 8 Girls)
12:30 pm	Steeplechase – Timed Finals 1500m Steeplechase @ 30"(Jr. Girls) 1500m Steeplechase @ 30"(Sr. Girls) 1500m Steeplechase @ 30"(Jr. Boys) 200m Steeplechase @ 33"(Sr. Boys)
1:30 pm	200m (Finals)
2:00 pm	800m (Finals)
2:30 pm	4x100m (Gr. 8 Timed Finals – Jr & Sr. Finals) *Grade 8 Girls/ Boys / Jr. Girls/ Jr. Boys/ Sr. Girls/ Sr. Boys
3:00 pm	Individual and Team Awards Presentation
3:30 pm	End of Meet

Day 3- Thursday May 19th 2016 - Field Schedule

Time	Event
9:30 am	32. Triple Jump- Gr. 8 Girls
	33. Javelin- Gr. 8 Boys (600g)
	34. Long Jump- Jr. Girls
	35. High Jump- Sr. Girls
	36. Shot Put- Sr. Boys (6K)
	37. Hammer- Sr. Boys (6K)
10:00 pm	38. Boys OPEN Pole Vault
11:00 pm	39. Hammer- Jr. Girls (3K)
12:00 pm	40. Hammer – Jr. Boys (5K)
12:30 pm	41. Girls OPEN Pole Vault
1:30 pm	42. Hammer Sr. Girls (4K)