

RCL - DISTRICT 'D' 2017 QUALIFIER MEET SCHEDULE

TRACK EVENTS

9:30am 80m. Hurdles Midget G
 100m. Hurdles Youth G
 100m. Hurdles Midget B
 110m. Hurdles Youth B

10:00am 100m. Section All Ages

10:30am 1200m. Section Midget G/B
 1500m. Section Youth G/B

11:00am 300m. Section Midget G/B
 400m. Section Youth G/B **No Blocks**

LUNCH

12:30pm 800m. Section All Ages

12:50pm 2000m. Section Midget G/B
 3000m. Section Youth G/B

1:10pm Steeplechase

1:30pm 200m All Ages

NO BLOCKS IN 400m

FIELD EVENTS

9:30am HAMMER All Ages

10:00am Long Jump Midget B- Youth B
 Midget G- Youth G

10:00am Discus Midget B - Youth B
 Midget G - Youth G

10:30am Shot put Midget G - Youth G
 Midget B- Youth B

11:00am High Jump Midget G - Youth G
 Midget B - Youth B

1:00pm Javelin Midget G/ Midget B
 Youth G / Youth B

12:30pm Triple Jump MG- Y G
 MG- Y G

1:30pm Pole Vault Midget G - Youth G
 Midget B - Youth B

AGES : Midget - 15 & under
 Youth - 17 & under

ONLY 3 THROWS/JUMPS IN
 ALL FIELD EVENTS

CHECK IN PROCEDURE:

TRACK EVENT

Athletes must check in to the ATHLETES TABLE 30 min. prior to start of Race

FIELD EVENT

Athletes check in at EVENT SITE before the start of first trial.

Failure to check in will result in a scratch from the event.