

District H Royal Canadian Legion
 Laurentian University, June 13/15

Final Track Schedule

9:45 am: Opening Ceremonies

Time	Track Event	Age Groups/	Field Event/	Age Groups	pit#
10:00	2000m	F15, M15	10:00	High Jump	F11,F13 1
	3000m	F17, M17		Javelin	F15, IF17 9
	200m Hurdles	F15, M15		Triple Jump	F15, IF17 3
	400m Hurdles	F17, M17,		Long Jump	M15, F17 6
	800m	F/M11, F/M13, F15, F17, M15, M17	11:30	Shot Put	Males(all) 7
	200m	F/M11, F/M13, F15, F17, M15, M17		High Jump	M11,M13 1
	Lunch			Long Jump	F15,1F17 6
13:15	80m Hurdles	F15		Triple Jump	M15, M17 3
	100m Hurdles	F17, M15	13:00	Shot Put	Females(all) 7
	1500m SC (No Water Jump)	F15, M15		Javelin	M15, M17 9
	2000m SC	F17, M17		Discus	M15, M17 M13 5
	100m	F/M11, F/M13, F15, F17, M15, M17		Long Jump	M11, F15,1F17 1
	300m	F/M11, F/M13, F15, M15		Pole Vault	Men, Women(all) 2
	400m	F17, M17		Triple Jump	F13, F11, 3
	1200m	F/M11, F/M13, F15, M15	14:30	Triple Jump	M11,M13, 3
	1500m	F17, M17		Discus	F15, F17, cage
				High Jump	M15, M17 1
				Long Jump	F13, 6
					F11, 5

*will run in order of readiness
 Will require a second long jump crew