

2013 Laurentian University "Black Flies" Track and Field Meet

Saturday, May 4th, 2013

Tentative Meet Schedule

Note – all track events may run up to 30 minutes ahead of schedule.

Track: Check in minimum 15 minutes prior to start of event; all athletes to wear numbers on front of singlet

Time	Event	Check In Location
10:45am	100m Heats (Top 8 times in heats qualify for finals) - MG, MB, JG, JB, SG, SB	100m Start Line
11:45pm	800m Timed Finals – MG, MB, JG, JB, SG, SB	Start/Finish Line
12:15pm	100m Finals – MG, MB, JG, JB, SG, SB	100m Start Line
12:45pm	Short Track Break	
1:00pm	400m Timed Finals – MG, MB, JG, JB, SG, SB	Start/Finish Line
1:45pm	1500m Timed Finals – MG, JG, MB, JB (fields may be combined if small fields)	1500m Start Line
2:15pm	Laurentian University Senior High School 1500m (Senior Girls, Senior Boys)	1500m Start Line
2:30pm	4 X 100m - MG, MB, JG, JB, SG, SB	100m Start Line
3:15pm	4 X 400m – Open Girls, Open Boys	100m Start Line

Field : Check in at event location (athletes must wear number on front of singlet)

10:45am	Triple Jump – Girls: Pit 1: Midget; Pit 2: Junior + Senior Shot Put – Girls: Midget + Junior + Senior High Jump – Boys: Midget + Junior (Starting Height: 1.35m up by 5cm until 8 competitors, then up by 3cm)
11:45am	Triple Jump – Boys: Pit 1: Midget Pit 2: Junior + Senior Shot Put – Boys: Midget + Junior + Senior High Jump – Girls: Midget + Junior (Starting Height: 1.20m up by 5cm until 8 competitors, then up by 3cm)
1:45pm	Long Jump – Girls: Pit 1 Midget + Junior Pit 2: Senior High Jump – Boys: Senior (Starting Height: 1.50m up by 5cm until 8 competitors, then up by 3cm)
2:45pm	Long Jump – Boys: Pit 1: Midget Pit 2: Junior + Senior High Jump – Girls: Senior (Starting Height: 1.30m up by 5cm until 8 competitors, then up by 3cm)