

C3-S2 & C4-S2

Time Schedule

All running will be contested by class and gender with class 3 followed by class 4.

Coaches Meeting: 9:00am @ Middle of Football Field

Field Events

8:30 - Class 3	11:00 - Class 4	1:30 - Class 3	4:00 - Class 4
Girls Pole Vault	Girls Pole Vault	Boys Pole Vault	Boys Pole Vault
<u>10:00am - Class 3</u>	<u>11:00 - Class 4</u>	<u>10:00 am Class 4</u>	<u>11:00 Class 3</u>
G High Jump	G High Jump	G Long Jump	G Long Jump
G Shot Put	G Shot Put	B Triple Jump	B Triple Jump
B Discus	B Discus	G Javelin	G Javelin
<u>12:00pm - Class 3</u>	<u>1:00 - Class 4</u>	<u>12:00 - Class 4</u>	<u>1:00 Class 3</u>
B High Jump	B High Jump	G Triple Jump	G Triple Jump
B Shot put	B Shot Put	B Long Jump	B Long Jump
G Discus	G Discus	B Javelin	B Javelin

Running Events

G 3200m Run	10:00
B 3200m Run	10:30
G 4 x 800 m Relay	12:00
B 4 x 800 m Relay	12:30
G 100 m Hurdles	1:00
B 100 m Hurdles	1:10
G 100 m Dash	1:20
B 100 m Dash	1:30
G 4 x 200m Relay	1:40
B 4 x 200 m Relay	1:50
G 1600 m	2:00
B 1600 m	2:20
G 4 x 100 m Relay	2:40
B 4 x 100 m Relay	2:50
G 400 m Dash	3:00
B 400 m Dash	3:10
G 300 Intermediate Hurdles	3:20
B 300 Intermediate Hurdles	3:30
G 800 m Run	3:40
B 800 m Run	3:50
G 200 m Run	4:00
B 200 m Run	4:10
G 4 x 400m Relay	20min after the end of
B 4 x 400m Relay	10min after G4x400