

**2010 Fraser Valley Track & Field Championships**

*Revised – April 28, 2010*

**Categories:** Grade 8 / Junior (Grades 9 – 10) / Senior (Grades 11-12)

Junior Open (Grades 8 – 10) / Senior Open (Grades 9 – 12) [*Distance Hurdles, Steeplechase, Racewalk, Hammer*]

- **Open (Different height, weight, or distance)**
- **ROLLING Schedule (Events may start up to 30 min. ahead of schedule)**

**Day 1 – Monday, May 17**

<i>Coaches Meeting:</i>	12:45 – 1:00pm
• 100m Heats	1:30
• 800m Heats	2:40
• High Jump (Males)	
○ Grade 8 Boys	1:30
○ Junior Boys	3:00
○ Senior Boys	4:30
• Long Jump (Females)	
○ Grade 8 Girls	1:30
○ Junior Girls	3:00
○ Senior Girls	4:30
➤ Pole Vault	
○ Girls	1:30
○ Boys	4:00
• Shot Put (Males)	
○ Junior Boys	1:30
○ Senior Boys	3:00
○ Grade 8 Boys	4:30
• Discus Throw (Females)	
○ Junior Girls	1:30
○ Senior Girls	3:00
○ Grade 8 Girls	4:30
• 100m Final	3:40
• 3000m	4:05
• 4 x 400m Heats (Jr /Sr )	5:25
End	6:25 pm

## **Day 2 – Tuesday, May 18**

- 200m Heats 1:30
- 80m-110m Hurdles Heats 2:30
  - Senior Boys 110m Hurdles
  - Junior Boys 110m Hurdles
  - Senior Girls 100m Hurdles
  - Grade 8 Boys 100m Hurdles
  - Junior Girls 80m Hurdles
  - Grade 8 Girls 80m Hurdles
  
- Hammer Throw – Finals
  - Junior Girls 1:30
  - Senior Girls 2:45
  - Junior Boys 4:00
  - Senior Boys 5:15
  
- High Jump (Females) – Finals
  - Grade 8 Girls 1:30
  - Junior Girls 3:00
  - Senior Girls 4:30
  
- Long Jump(Males) – Finals
  - Grade 8 Boys 1:30
  - Junior Boys 3:00
  - Senior Boys 4:30
  
- Javelin Throw (Males) – Finals
  - Junior Boys 1:30
  - Senior Boys 3:00
  - Grade 8 Boys 4:30
  
- Triple Jump (Females) – Finals
  - Junior Girls 1:30
  - Senior Girls 3:00
  - Grade 8 Girls 4:30
  
- 800m Final 4:00
- 80m – 110m Hurdles Finals 4:30
  - Senior Boys 110m Hurdles
  - Junior Boys 110m Hurdles
  - Senior Girls 100m Hurdles
  - Grade 8 Boys 100m Hurdles
  - Junior Girls 80m Hurdles
  - Grade 8 Girls 80m Hurdles
  
- 200m Final 5:00

- 1500mSC Final 5:30
  - 2000m SC Final
  - 4 x 400m Finals 6:30
- End 7:30 pm

**Day 3 – Thursday, May 20**

Coaches Meeting:

- 1500m Racewalk (JrB/JrG) (SrB/SrG) 9:15-9:30AM
  - 400m Heats 9:45am
  - 4 x 100m Heats 10:15
  - 4 x 100m Heats 11:30
  - Discus Throw (Males)
    - Grade 8 Boys 10:00
    - Junior Boys 11:30
    - Senior Boys 1:30
  - Shot Put (Females)
    - Grade 8 Girls 10:00
    - Junior Girls 11:30
    - Senior Girls 1:30
  - Triple Jump (Males)
    - Junior Boys 10:00
    - Senior Boys 11:30
    - Grade 8 Boys 1:30
  - Javelin Throw (Females)
    - Junior Girls 10:00
    - Senior Girls 11:30
    - Grade 8 Girls 1:30
  - 300 / 400m Hurdles Timed Finals 12:45
    - Senior Boys Open 400m Hurdles
    - Senior Girls Open 400m Hurdles
    - Junior Girls Open 300m Hurdles
    - Junior Boys Open 300m Hurdles
  - 1500m Timed Finals (A & B Flights) 1:05
  - 400m Finals 2:15
  - 4 x 100m Final 2:35
- End 3:00 pm