

**2010 Upper Fraser Valley
Track & Field Championship**

TRACK – Wednesday, May 5, 2010

<u>Time</u>	<u>Event</u>	<u>Category</u>	
2:45	COACHES MEETING		
3:00	110m hurdles	Sr. Boys	
3:05	100m hurdles	Jr. Boys	
3:10	100m hurdles	Sr. Girls	
3:15	100m hurdles	Gr. 8 Boys	
3:20	80m hurdles	Jr. Girls	
3:25	80m hurdles	Gr. 8 Girls	
3:35	3000m	Grade 8 Boys & Girls	
3:50	3000m	Jr. Girls & Sr. Girls	
4:05	3000m	Jr. Boys	
4:25	3000m	Sr. Boys	
4:40	100m heats	Sr. Boys	
4:50	100m heats	Sr. Girls	*all sprinters <u>must</u> use
5:00	100m heats	Jr. Boys	blocks
5:10	100m heats	Jr. Girls	*please ensure they know
5:20	100m heats	Gr. 8 Boys	how to use blocks this will
5:30	100m heats	Gr. 8 Girls	help keep the meet running on time
5:45	400m hurdles	Open Boys τ	
5:55	400m hurdles	Open Girls τ	
6:05	300m hurdles	Jr./Open Girls τ	
6:15	300m hurdles	Jr./Open Boys τ	
6:25	1500m Race Walk	Sr. Boys & Sr. Girls	
6:40	1500m Race Walk	Junior/Open Boys & Girls	

τ 400m Hurdles or 200m Hurdles: an athlete may choose only one open means any grade athlete.

JR/Open means a grade 8,9 or 10 only.

OPEN EVENTS: Provide the athlete with an opportunity to participate in a higher level event without penalty. (Remember that an athlete must participate in only one age category) (All GR 8 or all JR on all SR excluding relays)

FIELD – Wednesday, May 5 2010

<u>Time</u>	<u>Event</u>	<u>Category</u>
3:30	Hammer Throw	Sr./Open Boys (12lbs.)
	Pole Vault	All Boys
	Triple Jump	Sr. Girls
	Triple Jump	Gr. 8 Boys
	High Jump	Sr. Boys
4:15	Triple Jump	Sr. Boys
	Triple Jump	Gr. 8 Girls
	Hammer Throw	Junior/Open Boys (4 kg)
5:00	Triple Jump	Jr. Boys
	Triple Jump	Jr. Girls
	Hammer Throw	Open/ All Girls (4 kg)
	High Jump	Sr. Girls
	Pole Vault	Gr. 8 Boys & Open/Jr. Girls

TRACK – Thursday, May 6, 2010

<u>Time</u>	<u>Event</u>	<u>Category</u>
9:00	Coaches Meeting	
9:30	4x100m relay	Sr. Boys
9:40	4x100m relay	Sr. Girls
9:50	4x100m relay	Jr. Boys
10:00	4x100m relay	Jr. Girls
10:10	4x100m relay	Gr. 8 Boys
<u>10:20</u>	<u>4x100m relay</u>	<u>Gr. 8 Girls</u>
10:35	1500m	Sr. Boys
10:45	1500m	Sr. Girls
10:55	1500m	Jr. Boys
11:05	1500m	Jr. Girls
11:15	1500m	Gr. 8 Boys
<u>11:25</u>	<u>1500m</u>	<u>Gr. 8 Girls</u>
11:35	400m	Sr. Boys
11:45	400m	Sr. Girls
11:55	400m	Jr. Boys
12:05	400m	Jr. Girls
12:15	400m	Gr. 8 Boys
<u>12:25</u>	<u>400m</u>	<u>Gr. 8 Girls</u>
12:45	100m final	Sr. Boys
12:50	100m final	Sr. Girls
12:55	100m final	Jr. Boys
1:00	100m final	Jr. Girls
1:05	100m final	Gr. 8 Boys
<u>1:10</u>	<u>100m final</u>	<u>Gr. 8 Girls</u>
1:20	800m	Sr. Boys
1:25	800m	Sr. Girls
1:30	800m	Jr. Boys
1:35	800m	Jr. Girls
1:40	800m	Gr. 8 Boys
<u>1:45</u>	<u>800m</u>	<u>Gr. 8 Girls</u>
1:55	200m	Sr. Boys
2:10	200m	Sr. Girls
2:25	200m	Jr. Boys
2:40	200m	Jr. Girls
2:55	200m	Gr. 8 Boys
<u>3:10</u>	<u>200m</u>	<u>Gr. 8 Girls</u>
3:25	2000m Steeplechase	Open Boys
3:35	1500m Steeplechase	Jr./Open Boys
<u>3:45</u>	<u>1500m Steeplechase</u>	<u>Open Girls/SR Girls</u>
3:55	4x400m relay	Gr. 8 Girls
4:05	4x400m relay	Gr. 8 Boys
4:15	4x400m relay	Jr. Girls
4:25	4x400m relay	Jr. Boys
4:40	4x400m relay	Sr. Girls
<u>4:50</u>	<u>4x400m relay</u>	<u>Sr. Boy</u>

Coaches:

**3:30: Bring potential
aggregate names to Mr.
Lindsay**

4:30 Award Presentation

FIELD – Thursday, May 6, 2010

** Please sign in for all field events at the check in time

**The field event will be closed to all competitors once the next field event has started (approximately 1 hour after sign in)

Grade 8 Girls and Boys:

Discus 1kg

Shot 4kg

Javelin 600g

Javelin and Discus officials: May use a cone for minimum throws to speed up the event.

<u>Time</u>	<u>Event</u>	<u>Category</u>
10:30	High Jump	Gr. 8 Girls
	Long Jump	Jr. Boys
	Javelin	Jr. Girls
	Discus	Sr. Boys
	Shot Put	Sr. Girls
11:30	High Jump	Jr. Boys
	Long Jump	Jr. Girls
	Javelin	Sr. Girls
	Discus	Gr. 8 Boys
	Shot Put	Sr. Boys
12:30	Long Jump	Sr. Boys
	Javelin	Gr. 8 Girls
	Discus	Jr. Girls
	Shot Put	Gr. 8 Boys
1:30	High Jump	Jr. Girls
	Long Jump	Sr. Girls
	Javelin	Gr. 8 Boys
	Discus	Jr. Boys
	Shot Put	Gr. 8 Girls*(4kg)
2:30	High Jump	Gr. 8 Boys
	Long Jump	Gr. 8 Girls
	Javelin	Sr. Boys
	Discus	Gr. 8 Girls
	Shot Put	Jr. Boys
3:30	Long Jump	Gr. 8 Boys
	Javelin	Jr. Boys
	Discus	Sr. Girls
	Shot Put	Jr. Girls