

FIELD EVENTS SCHEDULE – SUB ZERO MEET

HIGH JUMP

9:00 – 1995/96 Girls
9:45 – 1997 Boys
10:30 - 1994 & older Girls
11:30 - 1995/96 Boys
12:15 - 1997 Girls
1:00 - 1994 & older Boys

LONG JUMP

9:00 – 1994 & older Boys
9:30 - 2000/2001 Girls
10:15 - 1995/96 Boys
11:00 - 2000/2001 Boys
11:15 - 1994 & older Girls
12:30 - 1998/99 Girls
1:15 - 1998/99 Boys
1:45 - 1997 Girls
2:15 - 1995/96 Girls

TRIPLE JUMP

9:00 – 1994 Girls
9:45 – 1995/96 Boys
10:30 - 1997 Boys
11:00 - 1997 Girls
11:30 - 1995/96 Girls
**12:00 – Track Rascal
(Long Jump)
12:30 – 1994 & older Boys
1:00 – 1997 Boys
(Long Jump)

DISCUS

9:00 – 1997 Girls
9:45 – 1997 Boys
10:30 – 1995/96 Girls
11:15 – 1994 & older Girls
12:00 – 1995/96 Boys
1:00 – 1994 & older Boys

JAVELIN

9:00 – 1995/96 Boys
9:45 – 1994 & older Girls
10:30 – 1994 & older Boys
11:15 – 1995/96 Girls
12:00 – 1997 Boys
12:30 – 1997 Girls

SHOT PUT

9:00 – 1997 Boys “A”
9:30 – Track Rascal Boys “B”
9:45 – 1995/96 Girls “A”
10:30 – 1994 & older Girls “B”
10:30 – Track Rascal Girls “A”
11:15 – 1997 Girls “B”
12:00 – 1994 & older Boys “A”
12:45 – 2000/2001 Girls “A”
12:45 – 2000/2001 Boys “B”
1:30 – 1995/96 Boys “B”
2:15 – 1998/99 Boys “A”
2:15 – 1998/99 Girls “B”

All field events will be held as per normal rules. Each Athlete will have 3 attempts.
Track Rascals – 2002/03/04

TRACK EVENTS SCHEDULE

Track Events will be run in the following order beginning at 9:00 am. All Track events will begin with the youngest group of Girls to the oldest group of Boys. Please listen carefully for announcements. All registrations will be at the Start Line!

ORDER OF EVENTS

- 1200 meter s Timed Final (3 laps)
- 4 x 100 meter relays (as per rules)
- 300 meter Timed Final
- 60 meter heats –2002 – 2003 – 2004 athletes only
- 100 meter heats
- 600 meter timed Final
- 100 meter Finals
- Medley relays Timed Final
- **80 meter hurdles 1995/96 Girls only**
Ht. .762m, distance to first hurdle is 12.0m; between hurdles is 8.0m, number of hurdles is 8
- **100 meter hurdles 1995/96 Boys only**
Ht. .840m, distance to first hurdle is 13.0m, between hurdles is 8.5m, number of hurdles is 10
- 2400 meters (6 laps) **OPEN TO ALL**. One heat each for M and F all ages running together.
(NO AWARDS FOR THIS EVENT)

GENERAL INFORMATION

For inquiries, call Tom Masich (250)564-9528
E-mail Tom Masich – pgtrack@telus.net

www.pgtrackandfield.ca

*The school membership with BC Athletics expires at the end of the school year. If you have athletes who wish to enter meets following that date, they must be carded individual members of BC Athletics.
For further information regarding BC Athletic memberships, call Sam Collier at (604)333-3556*