

DISTRICT TRACK AND FIELD SCHEDULE 2018 - 2019

	TIME	TRACK EVENT	F	TIME	LONG JUMP	TRIPLE JUMP	HIGH JUMP	SHOT PUT
T R	9:30 Girls 9:45 Boys	1500 M.	I	10:00	Midget Boys Midget Girls	Bantam Boys Bantam Girls	Atom Boys Atom Girls	
	A 11:00	100 M. Heats Girls	E	10:30				Midget Boys
C	11:30	100 M. Heats Boys	L	11:00	Atom Boys Atom Girls	Peewee Boys Peewee Girls	Bantam Boys Bantam Girls	
K	12:00	400 M Timed Finals Girls	D	11:45				Midget Girls
	12:30	400 M. Timed Finals Boys		12:00	Bantam Boys Bantam Girls	Midget Boys Midget Girls	Peewee Boys Peewee Girls	
T	1:00	200 M. Timed Finals Girls	T	12:30				Bantam Boys
I	1:30	200 M. Timed Finals Boys	I	1:00	Peewee Boys Peewee Girls	Atom Boys Atom Girls	Midget Boys Midget Girls	
M	2:00	800 M. Finals Girls	M	1:45				Bantam Girls
E	2:20	800 M. Finals Boys	E					
S	2:40	100 M. Finals Girls	S					
	3:00	100 M. Finals Boys						
	3:20	100 M. Relays						

All 100, 200, 400, 800 and 1,500m will be run in the following order:

1. Atom 2. Peewee 3. Bantam 4. Midget Girls will run first, boys second

Relay Order: 1. All Girls ...Atom to Midget 2. All Boys .. Atom to Midget

All 1,500m will be run as separate races (8 of)

All 200, 400m will be timed races. There are no heats (8 of)

All 800m races will use a box or waterfall start (8 of)

In all 100 M races it will be the fastest 8 times that will advance from the heats

When runners are called for races they will be done so by Groups (Girls followed by Boys) and not as a complete group to help reduce athletes leaving other events too early.

In both Long and Triple in all age categories the runway will be divided in half and all 4 pits used ...we will create an area off the side of the runway for those waiting to jump rather than lining up on the runway.

In High Jump it is very important that those running the event move along as quickly as possible and follow the heights given Raise the height by 6 cm until we get to the final 8 jumpers then raise the height by 3 cm after that.