

MAY 9th SCHEDULE

Track Schedule (Races go NG, NB, JG, JB, SG, SB except long hurdles)

9:00am 300m/400m Hurdles (NG, JG, SG, NB, JB, SB)

9:45am 100m (timed finals, 12 heats per age category, max 5 entries per school as we would like to stick to the schedule and make it fair to other schools, please email the meet director if you need to go over the cap)

11:45am 1500m

1:15pm 4 x 100m relay (max 3 heats per age group)

2:30pm 400m (timed finals, 8 heats per age category, max 6 entries per school as we would like to stick to the schedule and make it fair to other schools, please email the meet director if you need to go over the cap)

Rolling schedule. Events may run up to 30 minutes ahead if time permits.

As well the following will be available for any teams who have athletes in the Physical & Intellectual Disabilities category. Please email me specifically for entry in these events

Race	Divisions	Classification (see OFSAA website for classification chart)
100m	Visually Impaired	T/F 11, 12, & 13
100m	Intellectually Impaired	T/F 20
100m	Ambulatory	T/F 35 – 38 & 40 - 47
400m	Wheelchair	T/F 34 & 51 - 54

Field Schedule

Long Jump (east pit)	Time	Long Jump (west pit)	Time	High Jump	Time
SB	9:30 am	NG	9:30 am	SG	9:00am
JB	11:00am	JG	11:00am	NG	10:00am
NB	12:30pm	SG	12:30pm	JG	11:00am
				SB	12:00pm
				NB	1:00pm
				JB	2:00pm

Shot Put	Time	Javelin	Time	Discus	Time
SG	9:00am	SB	9:00am	NG	9:00am
JG	10:00am	JB	10:00am	SG	10:00am
NG	11:00am	NB	11:00am	JG	11:00am
NB	12:00pm	NG	12:00pm	JB	12:00pm
JB	1:00pm	JG	1:00pm	SB	1:00pm
SB	2:00pm	SG	2:00pm	NB	2:00pm

3 attempts will be given for long jump. Minimum distance may be set after the first round depending on numbers.

Standard OFSAA rules for high jump.

3 attempts will be given for all throwing events. Minimum distance may be set after the first round depending on numbers.

Meet code: **M76GWJ**

All entries are on <http://www.trackdatabase.com/>

Meet Director: Patrick Russell

Email: patrick.russell@yrdsb.ca