

# CISAA Jr. High Track & Field Meet

COACHES MEETING: 7:45am



\*Times are approximate only. Athletes and Coaches need to listen to announcements for event start times

**Schedule of Events:**

**8:00am**      **800m**  
**9:00am**      **100m Heats**  
**9:45am**      **200m Heats**  
**10:45am**     **Hurdle Heats**  
**11:30am**     **3000m**  
**12:00pm**     **Hurdle FINALS**  
**12:30pm**     **200m Finals**  
**1:15pm**      **100m Finals**  
**2:00pm**      **400m Timed Finals**  
**2:30pm**      **1500m**  
**3:00pm**      **4x100m Relays**  
**3:30pm**      **4x400m Relays**

Bantam – grade 7  
Midget – grade 8  
Juvenile – grade 9

	Bantam Boys	Bantam Girls	Midget Boys	Midget Girls	Juvenile Boys	Juvenile Girls
<b>8:15 am</b>	Shotput	Triple Jump	Javelin	High Jump	Discus	Long Jump
<b>9:30 am</b>	Long Jump	Shotput	Triple Jump	Javelin	High Jump	Discus
<b>10:45 am</b>	Discus	Long Jump	Shotput	Triple Jump	Javelin	High Jump
<b>12:00 pm</b>	High Jump	Discus	Long Jump	Shotput	Triple Jump	Javelin
<b>1:30 pm</b>	Javelin	High Jump	Discus	Long Jump	Shotput	Triple Jump
<b>2:15 pm</b>	Triple Jump	Javelin	High Jump	Discus	Long Jump	Shotput

**Note:** If there are conflicts with an athlete’s field and track events, the track event takes priority. Please make sure that your athlete checks into the field event, and completes an attempt (or more) before going to the track event. If the athlete does not return before the first 3 rounds have completed, they will not be able to complete any missed throws/jumps (High Jump is the exception as the bar will never be lowered once the event has started).

The Field events will have 3 rounds and the top 6 athletes will have an additional 3 attempts (Again, High Jump is the exception)