**All-Comers Field Event Schedule 2019**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 9-Apr | 4:45 | 5:15 | | 5:45 | | 6:15 |
| Shot Put | Sr Girls | Jr Boys | | 7 Girls | | 7 Boys |
| Discus | 7 Boys | 8 Boys | | Jr Boys | | Sr Boys |
| Javelin | Jr Girls |  | 5:25 8 Girls | | 6:05 7 Girls | |
| Sr Girls |  |
| High Jump | 7 Girls | | 5:25 Jr Girls | | 6:05 8 Girls | |
| Sr Girls |  |
| Long Jump | 8 Girls | | 5:25 7 Girls | | 6:05 Jr Girls | |
| Sr Girls | |
| Triple | Jr boys | Sr Boys | | 7 Boys | | 8 Boys |
| Jump |
| Hammer |  |  | |  | |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 16-Apr | 4:45 | 5:15 | | 5:45 | | 6:15 |
| Shot Put | Sr Boys | Jr Girls | | 8 Girls | | 8 Boys |
| Discus | 7 Girls | | 5:25 8 Girls | | 6:05 Jr Girls | |
| Sr Girls | |
| Javelin | Jr Boys | Sr Boys | | 8 Boys | | 7 Boys |
| High Jump | 7 Boys | Jr Boys | | Sr Boys | | 8 Boys |
| Long Jump | 8 Boys | 7 Boys | | Jr Boys | | Sr Boys |
| Triple | Jr Girls |  | 5:25 8 Girls | | 6:05 7 Girls | |
| Jump | Sr Girls |  |
| Hammer |  |  | |  | |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 23-Apr | 4:45 | | 5:15 | | 5:45 | | 6:15 |
| Shot Put | 7 Girls | | 8 Girls | | Jr Girls | | Sr Girls |
| Discus | Jr Boys | | Sr Boys | | Sr Girls | | Jr Girls |
| Javelin | Sr Boys | | Jr Boys | | 8 Boys | | 7 Boys |
| High Jump | 7 Boys | | 8 Boys | | Sr Boys | | Jr Boys |
| Long Jump | Jr Girls |  |  | 5:25 7 Girls | | 6:05 8 Girls | |
| Sr Girls |  |  |
| Triple | 8 Boys | | 7 Boys | | Jr Boys | | Sr Boys |
| Jump |
| Hammer |  | |  | |  | |  |
|  | Shot Put | Hammer | Discus | Javelin |  | | |
| Senior Girls | 4kg | 4kg | 1kg | 600g |
| Junior Girls | 3kg | 3kg | 1kg | 500g |
| Grade 7/8  Girls | 3kg | 3kg | 1kg | 500g |
| Senior Boys | 6kg | 6kg | 1.75kg | 800g |
| Junior Boys | 5kg | 5kg | 1.5kg | 700g |
| Grade 7/8  Boys | 4kg | 4kg | 1kg | 600g |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 30-Apr | 4:45 | 5:15 | | 5:45 | | 6:15 |
| Shot Put | 7 Boys | 8 Boys | | Jr Boys | | Sr Boys |
| Discus |  |  | |  | |  |
| Javelin | 7 Girls | | 5:25 Jr Girls | | 6:05 8 Girls | |
| Sr Girls | |
| High Jump | 8 Girls | | 5:25 7 Girls | | 6:05 Jr Girls | |
| Sr Girls | |
| Long Jump | 8 Boys | Sr Boys | | 7 Boys | | Jr Boys |
| Triple | Jr Girls |  | 5:25 8 Girls | | 6:05 7 Girls | |
| Jump | Sr Girls |  |
| Hammer | Jr Boys | Gr 8 Girls | | Gr 8 Boys |  | Jr Girls |
| Sr Girls |  | Sr Boys |  |

**Final Version**

**All Comers Meet #1: Tuesday April 9th**

**Track Events:**

|  |  |
| --- | --- |
| **Time** | **Event** |
| 4:30 | 800 |
| 4:55 | 100 |
| 6:15 | Racewalk |

**All Comers Meet #2: Tuesday April 16th**

**Track Events:**

|  |  |
| --- | --- |
| **Time** | **Event** |
| 4:30 | Sprint hurdles |
| 5:05 | 1500m |
| 5:35 | 200m |
| 6:10 | 4 x 100m |

|  |  |
| --- | --- |
| **Time** | **Event** |
| 4:30 | 3000m |
| 4:50 | 200/300/400 hurdles |
| 5:20 | 100m |
| 6:10 | 4 x 400m |

**All Comers Meet #3 Tuesday, April 23rd**

**All Comers Meet #4: Tuesday April 30th**

**Track Events:**

|  |  |
| --- | --- |
| **Time** | **Event** |
| 4:30pm | Sprint hurdles |
| 5:10pm | 400m |
| 5:40pm | Steeplechase |
| 6:00pm | 4x100m |

**Other Important Dates:**

Battle of the Border Track Meet: Saturday April 27th (Kamloops) Got to <http://kamtrack.ca/meet-registration/>

* Central South Zones Meet: **Tuesday, May 7 9:00am – 5:00pm (Kelowna)**
* Valley Meet**: Monday, May 13th 10:00 - 5:00pm (Kamloops)**
* Provincials May 30-June 1 Kelowna