Meet 1 April 10th Final Version Meet #2 April 17th

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 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 | Sr girls | 8 girls | 7 girls |
| High Jump | 7 girls | Jr Girls | Sr Girls | 8 girls |
| Long Jump | Jr boys | Sr boys | 7 boys | 8 boys |
| Triple Jump |  |  |  |  |
| Hammer |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 4:45 | 5:15 | 5:45 | 6:15 |
| Shot Put | Sr boys | Jr girls | 8 girls | 8 boys |
| Discus | 7 girls | 8 girls | Sr girls | Jr girls |
| Javelin | Jr Boys | Sr boys | 8boys | 7 boys |
| High Jump | 7 boys | Jr Boys | Sr boys | 8 boys |
| Long Jump | 8 girls | 7 girls | Jr girls | Sr girls |
| Triple Jump | Jr girls | Sr girls | 7 girls | 8 girls |
| Hammer |  |  |  |  |

Meet 3 April 24th Meet 4 May 1st

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 4:45 | 5:15 | 5:45 | 6:15 |
| Shot Put | 7 boys | 8 boys | Jr boys | Sr boys |
| Discus |  |  |  |  |
| Javelin | 7 girls | Jr girls | Sr girls | 8 girls |
| High Jump | 8 girls | 7 girls | Jr girls | Sr girls |
| Long Jump | 8 boys | Sr boys | 7 boys | Jr Boys |
| Triple Jump | Sr boys | Jr boys | Gr 8 boys | 7 boys |
| Hammer | Jr boys | Sr girls | Sr boys | Jr girls |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 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 | 8boys | Sr boys | Jr boys |
| Long Jump | Sr girls | Jr girls | 7 girls | 8 girls |
| Triple Jump | Jr girls | Sr girls | Jr boys | Sr boys |
| 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 |

**Final Version**

**All Comers Meet #1: Tuesday April 10th**

**Track Events:**

|  |  |
| --- | --- |
| **Time** | **Event** |
| 4:30 | 100 |
| 5:40 | 800 |
| 6:15 | Racewalk |

**All Comers Meet #2: Tuesday April 17th**

**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 24th**

**All Comers Meet #4: Tuesday May 1st**

**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 28th (Kamloops) Got to <http://kamtrack.ca/meet-registration/>

* Central South Zones Meet: **Tuesday, May 8 10:00am – 5:00pm (Kelowna)**
* Valley Meet**: Tuesday, May 15th 10:00 - 5:00pm (Kamloops)**
* Provincials May 31-June 2 Langley