

## Day 1 Schedule - Wednesday May 6th Track Events

	Event	
<b>10:30 AM</b>	Sprint Hurdles (80m/100m/110m)	NG, JG, SG, NB, JB, SB
<b>11:30 AM</b>	Steeplechase	Open Boys, Open Girls
<b>12:30 PM</b>	100m	NG, JG, SG, NB, JB, SB
	TRACK BREAK	
<b>2:30 PM</b>	1500m	NG, JG, SG, NB, JB, SB
<b>3:30 PM</b>	400m	NG, JG, SG, NB, JB, SB

- Timed Finals
  - Seeded entries will run in the last heats from slowest to fastest
  - Unseeded athletes will be placed in the first heats
  - Best efforts will be made to avoid runners from the same school running in the same heat
  - Blocks will be used in the hurdles, 100m and 400m events
- \*PLEASE ensure ALL athletes have received practice setting up and taking off from the blocks if they plan on using them. This will aid in avoiding unnecessary time delays on the track. This includes athletes NOT using blocks- they should know how to position themselves in the “mark” position behind the starting line.**

## Schedule of Field Events

	Javelin	Triple Jump	High Jump
<b>10:00 AM</b>	JG	NG	JB
<b>11:30AM</b>	NB	SB	JG
<b>12:45 PM</b>	NG	SG	NB
<b>2:00 PM</b>	SB	JB	NG
<b>3:15 PM</b>	SG	JG	SB
<b>4:30 PM</b>	JB	NB	SG

- Each competitor will receive 3 attempts  
Each competitor’s first legal throw/jump will be measured. All subsequent attempts will only be measured if they are beyond the distance of the 8th place competitor from the first round.
- High Jump starting heights:

Novice Girls 120 cm	Novice Boys 130 cm
Junior/Senior Girls 130cm	Junior/Senior Boys 145 cm

Athletes are urged to pass at earlier heights and/or once they have registered one successful jump they can pass and re-enter when they feel the height is appropriate for them.