

National Capital High School Track & Field Classic

Thursday, May 9th, 2013

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

Notes: * Order of Track Event Competition: MG, MB, JG, JB, SG, SB
* Final Meet Schedule & Start Lists will posted Wednesday, May 8th by 12:00 pm
www.ottawalions.com Revisions & corrections posted on an ongoing basis.

Track Events:

(we will run ahead of schedule when possible)

11:10 Coaches Meeting - Finish Line

11:30 1500m Steeplechase - Open Girls
1500m Steeplechase - Open Boys

11:50 4 x 100m Relays - no blocks *4pt

12:30 400m - MG / MB - no Blocks *4pt.start
400m - JG / JB - no Blocks *4 pt. start
400m - SG / SB - Blocks

1:20 1500m - MG / MB
1500m - JG / JB
1500m - SG / SB

2:15 80m Hurdles - MG / JG
100m Hurdles - SG / MB / JB
110m Hurdles - SB

3:00 100m - BOYS - **GRAND STAND SIDE** -
MB & JB - no blocks *4pt / SB - blocks

3:00 100m - GIRLS - **NORTH SIDE**
MG & JG - no blocks *4pt. / SG - blocks

4:00 800m - MG / MB
800m - JG / JB
800m - SG / SB

4:40 200m - MG / MB - no Blocks *4 pt. start
200m - JG / JB - no Blocks *4 pt. start
200m - SG / SB - Blocks or *4pt. start

5:35 3000 meters Open Girls

5:50 300m Hurdles - MG, JG, MB, JB - no
blocks
400m Hurdles - SG, SB - blocks

6:25 3000 meters Open Boys

6:45 4 x 400m Relay - Open Girls
4 x 400m Relay - Open Boys
*no 3-turn start - using 1 turn stagger start

Field Events:

11:10 Coaches Meeting - Finish Line

11:30 High Jump - All Girls (open 1.20)
High Jump - All Boys (open 1.40)
Results will be separated by Age Group for awards

11:30 Javelin - Sr. Boys - 3 throws
Discus - Jr. Boys - 3 throws
Shot Put - Midget Girls - 3 throws
followed by Junior Girls - 3 throws

11:30 Long Jump - Midget Girls - 3 jumps
Long Jump - Junior Girls - 3 jumps

12:30 Javelin - Junior Girls - 3 throws
Discus - Midget Girls - 3 throws
Shot Put - Junior Boys - 4 throws

12:45 Long Jump - Senior Girls - 3 jumps

1:30 Long Jump - Midget Boys - 3 jumps
Long Jump - Junior Boys - 3 jumps

2:00 Javelin - Senior Girls - 3 throws
Discus - Senior Boys - 3 throws
Shot Put - Midget Boys - 4 throws

2:30 Long Jump - Senior Boys - 3 jumps

3:30 Javelin - Midget Girls - 3 throws
Discus - Midget Boys - 3 throws
Shot Put - Senior Girls - 4 throws

3:30 Triple Jump - Midget Girls - 3 jumps
Triple Jump - Midget Boys - 3 jumps

4:15 Triple Jump - Junior Girls - 3 jumps
Triple Jump - Junior Boys - 3 jumps

4:30 Javelin - Midget & Junior Boys - 3 throws
Discus - Junior & Senior Girls - 3 throws
Shot Put - Senior Boys - 4 throws

5:00 Triple Jump - Senior Girls - 3 jumps
Triple Jump - Senior Boys - 3 jumps

All Results @ www.ottawalions.com