

uOttawa High School Invitational

Thursday, May 1st, 2014

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

Track Events

(*We will run up to 30 minutes ahead of schedule if possible)

11:30	4 x 100 meter Relay Sections	MG followed by MB / JG by JB / SG by SB Schools - Please supply your own BATONS!
12:30	400m Sections (no blocks *4pt Start)	MG followed by MB (no starting blocks)
	400m Sections (no blocks *4pt Start)	JG followed by JB (no starting blocks)
	400m Sections (no blocks *4pt Start)	SG followed by SB
1:15	100m Heats (no blocks *4pt. Start)	MG, MB (8 Fastest Times to Final)
	100m Heats (no blocks *4pt. Start)	JG, JB (8 Fastest Times to Final)
	100m Heats (blocks allowed)	SG, SB (8 Fastest Times to Final)
2:15	1500m Sections	MG followed by MB
	1500m Sections	JG followed by JB
	1500m Sections	SG followed by SB
3:00	Sprint Hurdles (80m) Sections	MG, JG (30"/76cm)
	Sprint Hurdles (100m) Sections	SG, MB, JB (30"/76cm) (33"/84cm) (36"/91cm)
	Sprint Hurdles (110m) Sections	SB (36"/91cm)
3:45	100m Final (no blocks *4pt Start)	MG followed by MB
	100m Final (no blocks *4pt Start)	JG followed by JB
	100m Final (blocks allowed)	SG followed by SB
4:00	3000m	Open Girls
4:15	300m Hurdles Sections (no blocks)	MG + JG (30"/76cm)
	300m Hurdles Sections (no blocks)	MB + JB (33"/84cm) (33"/84cm)
	400m Hurdles Sections (blocks allowed)	SG + SB (30"/76cm) (36"/91cm)
5:00	3000m	Open Boys
5:20	Medley Relay (400,200,200,800)	Open Girls & Open Boys

Field Events:

12:30 pm	High Jump	All Boys / Starting Height of 1.40 + increments of 5cm *Results and awards will be separated by age groups	
	Javelin	12:30 - MB / 1:15 - JB / 2:00 - SB 2:45 - MG / 3:30 - JG / 4:15 - SG	(3 throws to all)
1:30 pm	Long Jump (2 Pits)	1:30 - MB / 2:30 - JB / 3:30 - SB 1:30 - MG / 2:30 - JG / 3:30 - SG	(3 jumps to all)
	Discus	1:30 - MB / 2:15 - JB / 3:00 - SB 3:45 - MG / 4:30 - JG / 5:15 - SG	(3 throws to all)
2:00 pm	Shot Put	2:00 - MG / 2:45 - JG / 3:15 - SG 3:45 - MB / 4:15 - JB / 4:45 - SB	(3 throws to all)
	High Jump	All Girls / Starting Height of 1.20 + increments of 5cm *Results and awards will be separated by age groups	
	Pole Vault	Open Girls & Open Boys (Combined) / Starting 2.00 + increments of 10cm	