

National Capital High School Track & Field Classic

Thursday, May 8th, 2014

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 7th by 12:00 pm
www.ottawalions.com Revisions & corrections posted on an ongoing basis.

TRACK EVENTS: We will run ahead of schedule when possible

10:20	1500m Steeplechase - Open Girls 1500m Steeplechase - Open Boys	3:30	800m - MG / MB 800m - JG / JB 800m - SG / SB
10:45	4 x 100m Relays - no blocks *4pt	4:10	200m - MG / MB - no Blocks *4 pt. start 200m - JG / JB - no Blocks *4 pt. start 200m - SG / SB - Blocks or *4pt. start
11:45	400m - MG / MB - no Blocks *4pt.start 400m - JG / JB - no Blocks *4 pt. start 400m - SG / SB - Blocks	5:00	3000 meters Open Girls
12:30	1500m - MG / MB 1500m - JG / JB 1500m - SG / SB	5:20	300m Hurdles - MG, JG MB, JB - no blocks 400m Hurdles - Blocks *Order – MG, JG, SG, MB, JB, SB
1:30	80m Hurdles - MG / JG 100m Hurdles - SG / MB / JB 110m Hurdles – SB	5:55	3000 meters Open Boys
2:15	100m - MG & MB - no blocks *4pt 100m – JG & JB – no blocks *4pt 100m – SG & SB – BLOCKS or 4pt	6:15	4 x 400m Relay - Open Girls 4 x 400m Relay - Open Boys *no 3-turn start - using 1 turn stagger start

Field Events:

10:00	Coaches Meeting - Finish Line	2:00	Pole Vault – OPEN Girls High Jump – MB & SB Shot Put – SB Discus – MB Javelin – JB
11:00	High Jump – MG & SG (open 1.20) Long Jump – MB & JB Shot Put – MG Discus – JG Javelin – SG	2:15	Long Jump – SG Triple Jump – JG
12:00	Shot Put – MB Discus – JB Javelin – SB	3:00	Triple Jump – MG & SG Shot Put – JG Discus – SG Javelin – MG
12:15	Long Jump – SB	3:30	Pole Vault – OPEN Boys High Jump - JB
12:30	High Jump – JG (open 130)	3:45	Triple Jump – JB & SB
1:00	Long Jump – MG & JG Shot Put – SG Discus – MB Javelin – JG	4:00	Shot Put – JB Discus – SB Javelin – MB
		4:30	Triple Jump - MB