

2018 LSAA District Track Meet

	Girls					Boys				
Start	Tyro Girls	Novice Girls	Junior Girls	Int. Girls	Senior Girls	Tyro Boys	Novice Boys	Junior Boys	Int. Boys	Senior Boys
10:00	Long Jump #1	High Jump #1	Discus #1	Triple Jump #1	Shot Put #1	Long Jump #2	High Jump #2	Discus #2	Triple Jump #2	Shot Put #1
10:00	Hurdles	Hurdles								
10:10			Hurdles	Hurdles						
10:20						Hurdles	Hurdles			
10:30								Hurdles	Hurdles	
10:40					Hurdles					Hurdles
10:50	High Jump #1	Discus #1	Triple Jump #1	Shot Put #1	Long Jump #1	High Jump #2	Discus #2	Triple Jump #2	Shot Put #2	Long Jump #2
10:50	1500m									
11:00						1500m				
11:10		1500m								
11:20							1500m			
11:25			1500m							
11:30								1500m		
11:35				1500m						
11:40									1500m	
11:45					1500m					
11:50										1500m
11:50	Discus #1	Triple Jump #1	Shot Put #1	Long Jump #1	High Jump #1	Discus #2	Triple Jump #2	Shot Put #2	Long Jump #2	High Jump #2
12:00	200m					200m				
12:10		200m					200m			
12:20			200m					200m		
12:30				200m					200m	
12:40					200m					200m
12:50	Para 200					Para 200				
12:50	Triple Jump #1	Shot Put #1	Long Jump #1	High Jump #1	Discus #1	Triple Jump #2	Shot Put #2	Long Jump #2	High Jump #2	Discus #2
1:00	800m									
1:05						800m				
1:10		800m								
1:15							800m			
1:20			800m							
1:25								800m		
1:30				800m						
1:35									800m	
1:40					800m					
1:45										800m
1:50	Shot Put #1	Long Jump #1	High Jump #1	Discus #1	Triple Jump #1	Shot Put #2	Long Jump #2	High Jump #2	Discus #2	Triple Jump #2
1:50	Para 100m					Para 100m				
2:00	100m					100m				
2:05		100m					100m			
2:10			100m					100m		
2:15				100m					100m	
2:20					100m					100m
2:30	400m					400m				
2:40		400m					400m			
2:50			400m					400m		
3:00				400m					400m	
3:10					400m					400m
3:20	4x100m					4x100m				
3:30		4x100m					4x100m			
3:40			4x100m					4x100m		
3:50				4x100m					4x100m	
4:00					4x100m					4x100m

Remember:

- a) In throwing and jumping events (excluding high jump) all competitors will receive three (3) trials.
- b) Athletes must compete in some type of acceptable footwear. Spikes no longer than 7mm will be permitted. **No Cleats are allowed on any of the rubberized surfaces!** Failure to meet requirements will result in the athlete's ineligibility.
- c) High Jump will be on a grass surface
- d) Track events take priority over field events. Athletes should check in with their field event then report to the track.

Coaches' Meeting

We will have a coaches meeting take place at 9:30 AM

Concession – There will be a concession serving lunch

Assignments – Please bring Tape measures for your events

Shot Put #1 – JAWS, Beausejour

Shot Put #2 – St Dominics, Light of Christ

Long Jump #1 – HEB, Trinity

Long Jump #2 – NHS, Holy Cross, Home School

Triple Jump #1 – Dr Brosseau, BCHS

Triple Jump #2 – Plamondon, St Catherine, LeGoff

High Jump #1 – Beaux-Lacs, Iron River

High Jump #2 – CLMS, Art Smith

Discus #1 – Aurora, Caslan

Discus #2 – Ardmore, Notre Dame

Track Starter - Assumption

Track Finish Line - CLHS

Track Announcer – Ecole Voyageur

Computer / Ribbons - Assumption

Thank You,

Please contact me if you have any questions or concerns
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