



2019 LSAA District Track Meet – Bonnyville

June 4th , 2019

Provisionary Schedule

Start	Girls					Boys				
	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	Hurdles							
10:10				Hurdles	Hurdles					Hurdles
10:20						Hurdles	Hurdles			
10:30								Hurdles	Hurdles	
10:40	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
10:40	1500m									
10:50		1500m	1500m							
11:00				1500m						
11:10					1500m	1500m				
11:20							1500m			
11:30								1500m	1500m	
11:40										1500m
11:40	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
11:50	200m	200m								
12:00			200m	200m						
12:10					200m	200m				
12:20							200m	200m		
12:30									200m	200m
12:30	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
12:40	800m	800m								
12:50			800m	800m						
1:00					800m	800m				
1:10							800m	800m		
1:20									800m	800m
1:20	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
1:30	100m	100m								
1:40			100m	100m						
1:50					100m	100m				
2:00							100m	100m		
2:10									100m	100m
2:20	400m	400m								
2:30			400m	400m						
2:40					400m	400m				
2:50							400m	400m		
3:00									400m	400m
3:10	4x100m Relay									

- 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) 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 to discuss assignments and events.