

SOUTHERN ALBERTA SUMMER GAMES

PINCHER CREEK

Wednesday July 3, 2019

ATHLETICS SCHEDULE

TIME	MM Girls	MM Boys	PW Girls	PW Boys	B Girls	B Boys	M Girls	M Boys	Y Girl	Y Boys	J Girls	J Boys	S Women	S Men	MA Women	MA Men	MP Women	MP Men	TIME
9:00			Ball	Long E			Shot	3000	Shot					Long W		Long W			9:00
9:20							3000												9:20
9:40						Shot			Hurdles					Hurdles					9:40
9:50	Ball							Hurdles		Hurdles					Long W		Long W		9:50
9:55																			9:55
10:05	100 hts																		10:05
10:15		100 hts																	10:15
10:35			100 hts		Shot														10:35
10:50	Long E			100 hts				Long W		Long W									10:50
11:05					100 hts														11:05
11:20		Ball				100 hts													11:20
11:30				Shot			100 hts												11:30
11:40								100 Final											11:40
11:45									100 Final					100 Final					11:45
11:50			Long E							100 Final		100 Final		100 Final					11:50
11:55									Long W				Long W		100 Final		100 Final	100 Final	11:55
NOON																			NOON
12:05-12:25	20 MINUTE TRACK BIO BREAK						20 MINUTE TRACK BIO BREAK							20 MINUTE TRACK BIO BREAK					12:05-12:25
12:30	400												Shot						12:30
12:35		400					Long W												12:35
12:45			400																12:45
12:55				400															12:55
1:05			Shot		400														1:05
1:15						400													1:15
1:25							400												1:25
1:30				Ball		Long W		400											1:30
1:35									400	Shot		Shot			400		400		1:35
1:45										400				400		400			1:45
1:50	100 Final																		1:50
1:55		100 Final																	1:55
2:00			100 Final																2:00
2:05		Long E		100 Final										Shot		Shot			2:05
2:10					100 Final														2:10
2:15						100 Final													2:15
2:20							100 Final												2:20
2:30 - 2:45	TRACK BIO BREAK				PREPARE FOR FAMILY RELAY											TRACK BIO BREAK			2:30 - 2:50
2:50					Long W										Shot		Shot		2:50
3:00	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay	Family Relay							3:00
3:10																			3:10
3:20																			3:20
3:30							Shot												3:30
3:40																			3:40
3:50																			3:50
4:00																			4:00
4:10																			4:10
4:20																			4:20
	MM Girls	MM Boys	PW Girls	PW Boys	B Girls	B Boys	M Girls	M Boys	Y Girl	Y Boys	J Girls	J Boys	S Women	S Men	MA Women	MA Men	MP Women	MP Men	

- NOTES: 1. Events listed at the same time will be held together, but will be scored separately.
 2. Relay names may be added to pre-registered relay teams by 12:00 noon on the day of competition.
 3. Advancement from heats in the 50 and 100 will consist of first from each heat and the next fastest times from all heats to fill 7 lanes.

Long E East Pit
 Long W West Pit