

SASG Thursday July 4, 2019

ATHLETICS SCHEDULE

PINCHER CREEK

TIME	MM Girls	MM Boys	PW Girls	PW Boys	B Girls	B Boys	M Girls	M Boys	Y Girl	Y Boys	J Women	J Boys	S Women	S Men	MA Women	MA Men	MP Women	MP Men	TIME	
9:00	High				1500m	1500m	1500m							Triple		Triple	Discus		9:00	
9:10					Javelin	1500m													9:10	
9:20							1500m		1500m										9:20	
9:30		High						1500m					Triple	Discus	1500m	Discus			9:30	
9:40													1500 m →	→→→→	→→↑	1500m		1500m	9:40	
9:50	200																		9:50	
10:00		200								Triple 3									10:00	
10:10			200																10:15	
10:25			High	200		Javelin													10:25	
10:30																			10:30	
10:35					200			Triple 4							Discus				10:35	
10:40						200													10:40	
10:50							200		200										10:50	
11:00								200		200		200							11:00	
11:05							Javelin		Javelin						200		200		11:05	
11:10														200		200			11:10	
11:15	50 heats																		11:15	
11:20				High															11:20	
11:25		50 heats																	11:25	
11:35	20 MINUTE TRACK BIO BREAK				OFFICIALS PLEASE BE BACK BY 11:55															11:35
11:45							Triple		Triple					Discus					11:45	
11:50									Javelin		Javelin								11:50	
12:00			800																12:00	
12:10				800															12:10	
12:20					800			Javelin		Discus		Discus							12:20	
12:30						800													12:30	
12:40					High	Triple		800											12:40	
12:50									800					800		800			12:50	
1:00													Javelin		800				1:00	
1:10	50 Final							Discus											1:10	
1:15		50 Final																	1:15	
1:25																		50 Final	1:25	
1:35						High								Javelin	50 Final	Javelin			1:35	
1:40	PREPARE FOR RELAYS			EXCHANGE JUDGES															1:40	
1:45		4 x 100			Triple														1:45	
1:50																			1:50	
1:55			4 X 100		4 X 100														1:55	
2:00																			2:00	
2:05				4 X 100		4 X 100	Discus	4 X 100	Discus						Javelin				2:05	
2:15							4 X100								4 x 100				2:15	
2:30							High												2:30	
2:40																			2:40	
2:50						Discus		High		High								Javelin	2:50	
3:00																			3:00	
3:10															Triple				3:10	
3:30														High					3:30	
3:40					Discus														3:40	
TIME	MM Girls	MM Boys	PW Girls	PW Boys	B Girls	B Boys	M Girls	M Boys	Y Girl	Y Boys	J Women	J Boys	S Women	S Men	MA Women	MA Men	MP Women	MP Men	TIME	

- 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 50m and 100m will consist of first from each heat and the next fastest times from all heats to fill 7 lanes.