

Coquitlam/Delta District Track and Field Championships – Percy Perry Stadium @ Town Centre

Monday April 29th, 2019

<u>Event (Track)</u>	<u>Time</u>	<u>Event (Field)</u>	<u>Age Level</u>
Coaches Meeting	3:45 pm		
3000m (Open Girls) (Open Boys)	4:00pm	Discus Triple Jump High Jump	Gr. 8/Junior Girls Senior Girls Gr. 8/Junior Boys
100m heats (Gr. 8 G, Gr. 8 B Jr G, Jr B, Sr G, Sr B)	4:30 pm	Discus Triple Jump High Jump	Senior Girls Senior Boys Gr. 8/Junior Girls
400m (Gr. 8 G, Gr. 8 B Jr G, Jr B, Sr G, Sr B)	5:15 pm	Discus Triple Jump High Jump	Gr. 8/Junior Boys Gr. 8/Junior Girls Senior Girls
4x100m Relay (Gr 8/Jr G, Gr. 8/ Jr B, Sr Girls, Sr Boys)	5:50 pm	Discus Triple Jump High Jump	Senior Boys Gr. 8/Junior Boys Senior Boys
200/300m Hurdles (Gr. 8, Jr Girls, Jr Boys)	6:30 pm	Hammer	Open Girls
400m Hurdles (Sr Girls, Sr Boys)	7:00pm	Hammer	Open Boys
1500m (Gr. 8 Girls, Jr Girls, Gr,	7:10 pm		

8 Boys, Jr Boys, Sr Girls, Sr Boys)			
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Thursday, May, 2nd 2019

<u>Event (Track)</u>	<u>Time</u>	<u>Event(Field)</u>	<u>Age Level</u>
Coaches Meeting	3:45 pm		
1500m Race walk (Open Boys/Girls)	3:55pm	Javelin Long Jump (Pit#1) Long Jump Shot Put	Senior Boys Skill Development Gr. 8/Junior Boys Senior Girls
100m Final	4:10 pm		
110m Hurdles Sr. Boys	4:40 pm	Javelin Shot Put Shot Put	Gr. 8/Junior Boys Skill Development Senior Boys
100m Hurdles Jr Boys Sr. Girls Gr. 8 Boys	4:50 pm	Long Jump	Senior Boys
80m Hurdles	5:00 pm		

Junior Girls Gr. 8 Girls			
60m Race Skill Development	5:10 pm	Javelin Shot Put	Senior Girls Gr. 8/Junior Girls
1500m Steeplechase (Gr. 8/Jr Girls, Gr. 8/ Jr Boys, Sr. Girls)	5:20 pm	Long Jump	Gr. 8/Junior Girls
2000m Steeplechase (Sr. Boys)	5:45 pm	Javelin Shot put Long Jump	Gr. 8/Junior Girls Junior Boys Senior Girls
200m (Gr. 8 G, Gr. 8 B Jr G, Jr B, Sr G, Sr B)	6:00 pm		
<u>800m</u> (Gr. 8 Girls, Jr Girls, Gr, 8 Boys, Jr Boys, Sr Girls, Sr Boys)	6:30 pm		
4x400m Relay Gr.8/Jr Girls, Gr 8/Jr Boys. Sr G/B	7:00 pm		

Note

1. Races can be moved forward no more than 15 minutes in advance.
2. If there are 8 or fewer competitors in the 100m, then the race will be run as a final on Thursday.

3. Timed Finals: All the track events except the 100m are timed finals
4. Athletes may compete in 4 individual events & two relays.
5. OPEN EVENTS: This provides the athlete with an opportunity to participate in a higher level event without penalty. (Remember that an athlete must participate in only one age category) (All Gr. 8 or all JR or all SR, excluding relays)
6. All Field events will be giving competitors only 3 attempts to complete their jump or throw.

Please send all entries to Ted de St. Croix @ tdsc@sotique.com. Deadline is Friday, 26 April. Send in an Excel spreadsheet using the format below:

Last	First	M/F	Grade	Event 1	E2	E3	E4		

Relay registration will take place at the meet, so you don't need to pre-register relay teams. For field events, please provide your athletes with a sticker (name, school, event, category).

Suggested hurdle order (competition planning):

- Senior Boys 110m @ 36"
- Junior Boys 100m @ 36"
- Senior Girls 100m @ 33"
- Grade 8 Boys 100m @ 33"
- Junior Girls 80m @ 30"
- Grade 8 Girls 80m @ 30"