

2016 SSSAA MINI MEETS

- Thanks to the coaches/schools who offered to host the meets.
- Mini-meets only work if ALL coaches help out with running field events or at the start or finish line.
- **ATHLETES SHOULD HAVE STICKERS FOR ALL MINI MEET EVENTS.**
- **ATHLETES** are required to wear **SCHOOL** uniforms for all meets.
- Field events get 3 trials – and will be recorded on sticker sheets
- Track events are hand-timed, and will be recorded on sticker sheets – results will not be posted, but will be kept in a binder and made available for coaches reference (take pics with your phone)

TUESDAY April 5 - HOLY CROSS (Adora Tang)

TRACK ONLY
100m
1500m
4X100m

THURSDAY April 14 – BEAR CREEK (QE - Farederique & Fleetwood - Nancy)

TRACK	FIELD
200	LONG JUMP
800	DISCUS
Medley Relay 100/100/ 200/400	JAVELIN

TUESDAY April 19 – NORTH SURREY (Scott Sveleander & Jenn Schutz)

TRACK	FIELD
100	SHOT PUT
1500m	LONG JUMP
400m	

WEDNESDAY April 27 – SOUTH SURREY (WRCA – Davey Gin)

TRACK	FIELD
Sprint Hurdles	DISCUS
3000 m	JAVELIN
4X100m	TRIPLE JUMP
	HIGH JUMP