

**2015 Upper Fraser Valley
Track & Field Championship
(Updated February 23th 2015)**

TRACK –Tuesday, April 28th2015

<u>Time</u>	<u>Event</u>	<u>Category</u>	
2:45	COACHES MEETING		
3:00	110m hurdles	Sr. Boys 39"	
3:05	100m hurdles	Jr. Boys 36"	
3:10	100m hurdles	Sr. Girls 33"	
3:15	100m hurdles	Gr. 8 Boys	33"
3:20	80m hurdles	Jr. Girls	30"
3:25	60m hurdles	Gr. 8 Girls	30"
3:35	3000m	Grade 8 Boys & Girls	
3:50	3000m	Jr. Girls & Sr. Girls	
4:05	3000m	Jr. Boys	
4:25	3000m	Sr. Boys	
4:40	100m heats	Sr. Boys	
4:50	100m heats	Sr. Girls	*all sprinters <u>must</u> use
5:00	100m heats	Jr. Boys	blocks
5:10	100m heats	Jr. Girls	*please ensure they know
5:20	100m heats	Gr. 8 Boys	how to use blocks this will
5:30	100m heats	Gr. 8 Girls	help keep the meet running on time
5:45	400m hurdles	Sr. Boys 36"	
5:55	400m hurdles	Sr. Girls 30"	
6:05	300m hurdles	Jr. Girls 30"	
6:15	300m hurdles	Jr.Boys 33"	
6:25	1500m Race Walk	Sr. Boys & Sr. Girls	
6:40	1500m Race Walk	Jr. Boys & Open Jr. Girls	

FIELD – Tuesday, April 28th, 2015

<u>Time</u>	<u>Event</u>	<u>Category</u>
2:00	Hammer Throw	Sr. Boys (6kg)
3:00	Hammer Throw	Jr. Boys (5kg)
3:30	Pole Vault	Jr. Boys/ Sr. Boys
	Triple Jump	Sr. Girls
	Triple Jump	Gr. 8 Boys
	High Jump	Sr. Boys
4:15	Triple Jump	Sr. Boys
	Triple Jump	Gr. 8 Girls
4:30	Hammer Throw	Sr. Girls (4kg)
5:00	Triple Jump	Jr. Boys
	Triple Jump	Jr. Girls
	High Jump	Sr. Girls
	Pole Vault	Jr. Girls/ Sr. Girls
6:00	Hammer Throw	Jr. Girls (3kg)

TRACK – Wednesday, April 29th, 2015

<u>Time</u>	<u>Event</u>	<u>Category</u>
8:45	Coaches Meeting	
9:15	4x100m relay	Sr. Boys
9:25	4x100m relay	Sr. Girls
9:40	4x100m relay	Jr. Boys
9:55	4x100m relay	Jr. Girls
10:10	4x100m relay	Gr. 8 Boys
10:20	4x100m relay	Gr. 8 Girls
10:35	1500m	Sr. Boys
10:45	1500m	Sr. Girls
10:55	1500m	Jr. Boys
11:05	1500m	Jr. Girls
11:15	1500m	Gr. 8 Boys
11:25	1500m	Gr. 8 Girls
11:35	400m	Sr. Boys
11:45	400m	Sr. Girls
11:55	400m	Jr. Boys
12:05	400m	Jr. Girls
12:15	400m	Gr. 8 Boys
12:25	400m	Gr. 8 Girls
12:45	100m final	Sr. Boys
12:50	100m final	Sr. Girls
12:55	100m final	Jr. Boys
1:00	100m final	Jr. Girls
1:05	100m final	Gr. 8 Boys
1:10	100m final	Gr. 8 Girls
1:20	800m	Sr. Boys
1:25	800m	Sr. Girls
1:30	800m	Jr. Boys
1:35	800m	Jr. Girls
1:40	800m	Gr. 8 Boys
1:45	800m	Gr. 8 Girls
1:55	200m	Sr. Boys
2:10	200m	Sr. Girls
2:25	200m	Jr. Boys
2:40	200m	Jr. Girls
2:55	200m	Gr. 8 Boys
3:10	200m	Gr. 8 Girls
3:25	2000m Steeplechase	Sr. Boys 33"
3:35	1500m Steeplechase	Jr. Boys 30"
3:45	1500m Steeplechase	Jr. Girls/SR Girls 30"
3:55	4x400m relay	Gr. 8 Girls (Only top 8 advance)
4:05	4x400m relay	Gr. 8 Boys
4:15	4x400m relay	Jr. Girls
4:25	4x400m relay	Jr. Boys
4:40	4x400m relay	Sr. Girls
4:50	4x400m relay	Sr. Boy

Coaches:
3:30: Bring potential aggregate names to Mr. Lindsay

4:30 Award Presentation

FIELD – Wednesday, April 29th, 2015

** Please sign in for all field events at the check in time

**The field event will be closed to all competitors once the next field event has started (approximately 1 hour after sign in)

Grade 8 Girls and Boys:

Discus 1kg

Shot Gr8 Girls: 3kg, Gr8 Boys 5kg

Javelin Gr 8 Girls 500g Gr 8 Boys 600g

Javelin and Discus officials: May use a cone for minimum throws to speed up the event.

<u>Time</u>	<u>Event</u>	<u>Category</u>
10:30	High Jump	Gr. 8 Girls
	Long Jump	Jr. Boys
	Javelin	Jr. Girls
	Discus	Sr. Boys
	Shot Put	Sr. Girls
11:30	High Jump	Jr. Boys
	Long Jump	Jr. Girls
	Javelin	Sr. Girls
	Discus	Gr. 8 Boys
	Shot Put	Sr. Boys
12:30	Long Jump	Sr. Boys
	Javelin	Gr. 8 Girls
	Discus	Jr. Girls
	Shot Put	Gr. 8 Boys
1:30	High Jump	Jr. Girls
	Long Jump	Sr. Girls
	Javelin	Gr. 8 Boys
	Discus	Jr. Boys
	Shot Put	Gr. 8 Girls*(4kg)
2:30	High Jump	Gr. 8 Boys
	Long Jump	Gr. 8 Girls
	Javelin	Sr. Boys
	Discus	Gr. 8 Girls
	Shot Put	Jr. Boys
3:30	Long Jump	Gr. 8 Boys
	Javelin	Jr. Boys
	Discus	Sr. Girls
	Shot Put	Jr. Girls