

**2016 Upper Fraser Valley  
Track & Field Championship  
(Updated March, 28<sup>th</sup> 2016)**

**TRACK –Wednesday, May, 4th-2016**

<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	80m 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	
			<ul style="list-style-type: none"> <li>• <b>*NEW* Limit of 4 athletes per 100m division per school.</b></li> </ul>
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	200m hurdles	Gr 8 Boys 30"	
6:35	200m hurdles	Gr 8 Girls, 30"	
6:45	1500m Race Walk	Sr. Boys & Sr. Girls	
7:00	1500m Race Walk	Jr. Boys & Open Jr. Girls	

**FIELD – Wednesday, May, 4th-2016**

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

## TRACK – Thursday, May, 5th-2016

<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 – Thursday, May, 5th-2016

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