

2013 Lower Island Track & Field Schedule

Wednesday May 8, 2013 Track events

<u>TIME</u>	<u>EVENT NAME</u>	<u>Division</u>		<u>TIME</u>	<u>EVENT NAME</u>	<u>DIVISION</u>	coach use (names)
8:30	Racewalk	All divs.	x	11:48	800M	B.G.	
			x	11:54	800M	B.B.	
8:45	110mHurdles	S.B.	x	12:00	800M	J.G.	
8:50	100 m Hurdles	J.B.	x	12:06	800 M	J.B.	
8:55	100 m Hurdles	S.G.	x	12:12	800M	S.G.	
9:00	100 m Hurdles	B.B.	x	12:18	800 M	S.B.	
9:07	80 mHurdles	J.G	x				
9:12	80 mHurdles	B.G.	x	12:28	200M	B.G.	
			x	12:33	200M	B.B.	
9:20	400 M	B.G.	x	12:38	200M	J.G.	
9:25	400 M	B.B.	x	12:43	200 M	J.B.	
9:30	400 M	J.G.	x	12:48	200M	S.G.	
9:35	400 M	J.B.	x	12:53	200M	S.B.	
9:40	400 M	S.G	x				
9:45	400M	S.B.	x	1:05	Steeplechase	Ban + Jr G	
			x	1:15	Steeplechase	Ban + Jr B	
9:55	1500 M	B.G.	x	1:25	Steeplechase	SG	
10:03	1500 M	B.B.	x	1:35	Steeplechase	SB	
10:11	1500 M	J.G.	x				
10:19	1500 M	J.B.	x	1:45	4 x 100	S.G.	
10:27	1500M	S.G.		1:52	4 x 100	S.B.	
10:35	1500M	S.B.		1:59	4 x 100	S.G.	
				2:06	4 x 100	S.B.	
10:45	100 M	B.G.		2:13	4 x 100	S.G.	
10:49	100 M	B.B.		2:20	4 x 100	S.B.	
10:53	100 M	J.G.					
10:57	100 M	J.B.		2:25	4 x 400	B.G.	
11:01	100 M	S.G.		2:35	4 x 400	B.B.	
11:05	100 M	S.B.		2:45	4 x 400	J.G.	
				2:55	4 x 400	J. B.	
11:12	400mhurdle	SB		3:05	4 x 400	S.G.	
11:18	400mHurdle	SG		3:15	4 x 400	S.B.	
11:24	300m hurdle	JB					
11:30	300m hurdle	JG		SEE NEXT PAGE FOR FIELD EVENTS			
11:36	300m hurdle	BB					
11:42	300m hurdle	BG					
Events continue on right>							

Wednesday May 8, 2013 FIELD events

TIME	EVENT	CATEGORY		TIME	EVENT	CATEGORY	coach use (names)
8:30 am	Long jump	JG		11:30	Shot put	JB	
8:30 am	Triple jump	JB.		11:30	Discus	J.G	
8:30 am	Shot Put	S.G		11:30	Javelin	BG	
8:30 am	Discus	S.B		11:30	high jump(1)	JB	
8:30am	Javelin	B.B.		11:30	high jump(2)	JG	
9:30 am	Long jump	S.G.					
9:30 am	Triple Jump	S.B.					
9:30 am	Shot put	B.G		12:30	Long Jump	BG	
9:30 am	Discus	JB		12:30	Shot Put	BB	
9:30am	Javelin	JG		12:30	Discus	BG	
9:30 am	High Jump (1)	BG		12:30	Javelin	S B	
9:30 am	High Jump (2)	BB		12:30	Triple Jump	BB	
10:30am	Discus	B.B		1:30pm	Discus	SG	
10:30am	Long Jump	JB		1:30pm	Javelin	J B	
10:30am	Triplejump	JG.		1:30pm	Triple jump	BG	
10:30am	Shot Put	SB		1:30pm	High Jump (1)	SB	
10:30am	Javelin	S.G		1:30 pm	Shot Put	J G	
				1:30pm	High jump (2)	SG	
11:30am	Long jump	S.B.		1:30pm	Long jump	BB	
11:30am	Triple jump	S G.					
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