

Lower Island Track and Field Championship Event Schedule

Track Events 2014 : Wednesday May 7							
TIME	EVENT NAME	Division	coach use (names)	TIME	EVENT NAME	DIVISIO	coach use (names)
8:30	Racewalk	All divs.		11:48	800M	9.G.	
8:45	110mHurdles	S.B.		11:54	800M	9.B.	
8:50	100 m Hurdles	J.B.		12:00	800M	J.G.	
8:55	100 m Hurdles	S.G.		12:06	800 M	J.B.	
9:00	100 m Hurdles	9.B.		12:12	800M	S.G.	
9:07	80 mHurdles	J.G		12:18	800 M	S.B.	
9:12	80 mHurdles	9.G.		12:28	200M	9.G.	
9:20	400 M	9.G.		12:33	200M	9.B.	
9:25	400 M	9.B.		12:38	200M	J.G.	
9:30	400 M	J.G.		12:43	200 M	J.B.	
9:35	400 M	J.B.		12:48	200M	S.G.	
9:40	400 M	S.G		12:53	200M	S.B.	
9:45	400M	S.B.					
9:55	1500 M	9.G.		1:05	Steeplechase	Gr9 + Jr	
10:03	1500 M	9.B.		1:15	Steeplechase	Gr9 + Jr	
10:11	1500 M	J.G.		1:25	Steeplechase	SG	
10:19	1500 M	J.B.		1:35	Steeplechase	SB	
10:27	1500M	S.G.					
10:35	1500M	S.B.		1:45	4 x 100	9.G.	
10:45	100 M	9.G.		1:52	4 x 100	9.B.	
10:49	100 M	9.B.		1:59	4 x 100	J.G.	
10:53	100 M	J.G.		2:06	4 x 100	J. B.	
10:57	100 M	J.B.		2:13	4 x 100	S.G.	
11:01	100 M	S.G.		2:20	4 x 100	S.B.	
11:05	100 M	S.B.					
				2:25	4 x 400	9.G.	
11:12	400mhurdle	SB		2:35	4 x 400	9.B.	
11:18	400mHurdle	SG		2:45	4 x 400	J.G.	
11:24	300m hurdle	JB		2:55	4 x 400	J. B.	
11:30	300m hurdle	JG		3:05	4 x 400	S.G.	
11:36	300m hurdle	9 B		3:15	4 x 400	S.B.	
11:42	300m hurdle	BG					
Go to right column >>>>							

Hurdle specifications						
AGE CATEGORY	DISTANCE RUN	NO. OF	HURDLE	DISTANCE TO	DISTANCE	DISTANCE TO
Senior	100 metres	10	33	13.0 metre	8.5 metres	10.5 metres
Senior	110 metres	10	39"	13.72 metres	9.14 metres	14.02 metres
Senior (Open):Girls	400 metres	10	30"	45 metres	35 metres	40 metres
Senior(Open):Boys	400 metres	10	36"	45 metre	35 metres	40 metre
Bantam/Jr Girls and Bantam	300 metres	7	30"	45 metre	35 metres	45 metre
Junior Boys .	300 metres	7	33"	45 metre	35 metres	45 metre
Grade 9 Girls	80 metres	8	30"	12.0 metres	8.0 metres	12.0 metre
Grade 9 Boys	100 metres	10	33"	13.0 metres	8.5 metres	10.5 metre
Junior Girls	80 metres	8	30"	12.0 metres	8.0 metres	12.0 metre
Junior Boys	100 metres	10	36"	13.0 metres	8.5 metre	10.5 metre

Field Events 2014: Wednesday May 7

TIME	EVENT	CATEGORY	coach use (names)	TIME	EVENT	CATEGORY	coach use (names)
8:30 am	Long jump	JG		11:30	Long jump	S.B.	
8:30 am	Triple	JB.		11:30	Triple jump	S G.	
8:30 am	Shot Put	S.G		11:30	Shot put	JB	
8:30 am	Discus	S.B		11:30	Discus	JG	
8:30 am	Javelin	B.B.		11:30	Javelin	9G	
				11:30	high jump (1)	JB	
9:00	Pole Vault	all girls		11:30	high jump (2)	JG	
9:30 am	Long jump	S. G.					
9:30 am	Triple	S.B.		12:30	Long Jump	9G	
9:30 am	Shot put	B.G		12:30	Shot Put	9B	
9:30 am	Discus	J B		12:30	Discus	BG	
9:30 am	Javelin	J G		12:30	Javelin	S B	
9:30 am	High Jump	9G		12:30	Triple Jump	B B	
9:30 am	High Jump	9B					
				1:30 pm	discus	SG	
10:00	Pole Vault	all boys		1:30 pm	Javelin	JB	
10:30	Discus	9B		1:30 pm	Triple jump	9G	
10:30	Long Jump	J B		1:30 pm	High Jump(1)	SB	
10:30	Triple	JG		1:30 pm	Shot Put	JG	
10:30	Shot Put	SB		1:30 pm	High jump (2)	SG	
10:30	Javelin	SG		1:30 pm	Long jump	9B	
Go to right column >>>>							

IMPLEMENT CHART – JUNIOR AND SENIOR SECONDARY

	DISCUS sector is 34.92 degrees	JAVELIN sector is 29.0 degrees	SHOT PUT sector is 34.92 degrees	HAMMER sector is 34.92 degrees
Senior (Open): Girls	1 kg	600 gram	4 kg	4kg
Senior (Open): Boys	1.75 kg	800 gram	5.5 kg	6 kg
Junior Girls + Grade 9 Girls	1 kg	500 gram	3 kg	3 kg
Junior Boys + Grade 9 Boys	1.5 kg	700 gram	5 kg	5 kg