

LSAA 6-8 Track Schedule

Time	U12 Girls	U12 Boys	U13 Girls	U13 Boys	U14 Girls	U14 Boys	Time
9:00	3000m		3000m		3000m		9:00
9:15	triple jump	3000m		3000m	high jump pit 1 @ 9:00am	3000m	9:15
	ALL HURDLES ARE TIMED FINALS				ALL HURDLES ARE TIMED		
9:30	break	long jump	discus		break	shot put	9:30
9:35			80m hurdles (timed)	high jump pit 2			9:35
9:40				80 m hurdles			9:40
9:45					80 m hurdles (timed final)		9:45
9:50			high jump pit 1			100 m hurdles timed final	9:50
10:10	100m (heats)						10:10
10:15		100m (heats)					10:15
10:20	long jump	discus	100m (heats)	break	shot put	triple jump	10:20
10:25				100m (heats)			10:25
10:30					100m (heats)		10:30
10:35						100m (heats)	10:35
10:50	800m (timed final)						10:50
10:55		800m (timed final)					10:55
11:00			800m (timed final)				11:00
11:05	discus		break	800m (timed final)	triple jump	long jump	11:05
11:10				shot put	800m (timed final)		11:10
11:15						800m (timed final)	11:15
11:30							11:30
11:35						high jump pit 2	11:35
11:40							11:40
11:45							11:45
11:50		high jump pit 1	shot put	triple jump		discus	11:50
11:55					long jump		11:55
12:10	400m (heats - final)						12:10
12:15		400m (heats - final)					12:15
12:20			400m (heats - final)				12:20
12:25				400m (heats - final)			12:25
12:30					400m (heats - final)		12:30
12:35	break	shot put	triple jump	long jump	discus	400m (heats - final)	12:35
12:40							12:40
12:50	100m (final)						12:50
12:55		100m (final)					12:55
1:00			100m (final)				1:00
1:05				100m (final)			1:05
1:10	high jump pit 1				100m (final)		1:10
1:15						100m (final)	1:15
1:20	shot put	break	long jump	discus		break	1:20
1:25		triple jump					1:25
1:30	1500m		1500m		1500m		1:30
1:35		1500m		1500m		1500m	1:35
1:40						200m (timed final)	1:40
1:45					200m (timed final)		1:45
1:50				200m (timed final)			1:50
1:55			200m (timed final)				1:55
2:00		200m (timed final)					2:00
2:05	200m (timed final)						2:05
2:20						4x100m relay	2:20
2:25					4x100m relay		2:25
2:30				4x100m relay			2:30
2:35			4x100m relay				2:35
2:40		4x100m relay					2:40
2:45	4x100m relay						2:45