

2022 South Fraser Zone

Secondary Schools Track & Field Championships

South Surrey Athletic Park

May 25th and 26th, 2022

Wednesday May 25

*coaches' meeting 11:45 *SOP=Special Olympics/Para

| Track events | Time | division |
|--------------|-------|---------------------------|
| Int hurdles | 12:00 | SrG/SrB/JrG/JrB/8G/8B |
| 3000m | 1:00 | SrG/SrB/JrG/JrB/8G/8B |
| 100m heats | 1:45 | SOP/SrG/SrB/JrG/JrB/8G/8B |
| 400m | 2:15 | SOP/SrG/SrB/JrG/JrB/8G/8B |
| 4x100 m | 3:45 | SrG/SrB/JrG/JrB/8G/8B |
| 800m | 4:15 | SrG/SrB/JrG/JrB/8G/8B |
| 100m Finals | 5:30 | SrG/SrB/JrG/JrB/8G/8B |

| Field Events Time | Pit 1 | Div | Pit 2 | Div | |
|----------------------|------------|--------|-------------|------|--|
| 12:30 | Hammer | SB/JrB | | | |
| 1:00 | hammer | SG/JrG | | | |
| | | | | | |
| 12:00 | Triplejump | JrG | Triple jump | JrB | |
| | Shot put | SG | Shot put | *SOP | |
| | Javelin | 8B | | | |
| | | | | | |
| 2:15 | TJ | SG | TJ | SB | |
| | SP | 8G | SP | JrB | |
| | Jav | SB | Dis | 8B | |
| | | | | | |
| 4:45 | TJ | 8G | TJ | 8B | |
| | SP | JrG | SP | SB | |
| | Jav | JrB | Dis | 8G | |
| 6:00 | SP | 8B | Dis | SB | |

Friday May 22

*coaches' meeting 9:45am

| Track Events | Time | Division * |
|---------------------|-------------|-----------------------|
| Sprint hurdles | 10:00 | SB/JrB/SG/8B/JrG/8G |
| Steeplechase | 11:00 | JrG/JrB/SG/SB |
| 1500m Racewalk | 11:45 | JrG/JrB/SG/SB |
| 200m Heats | 12:45 | SrG/SrB/JrG/JrB/8G/8B |
| 1500m | 1:30 | SrG/SrB/JrG/JrB/8G/8B |
| 200m Finals | 2:30 | SrG/SrB/JrG/JrB/8G/8B |
| 4x400m | 3:15 | SrG/SrB/JrG/JrB/8G/8B |

| Field Events | Pit 1 | Div | Pit 2 | Div |
|---------------------|--------------|------------|--------------|------------|
| 12:30 | Long jump | 8G | Long jump | 8B |
| | Jav | JrG | | |
| | Discus | JB | | |
| | High Jump | SG | High Jump | SB |
| 2:00 | Pole Vault | all | | |
| | LJ | JrG | LJ | JrB |
| | Jav | SG | | |
| | Dis | JG | | |
| | HJ | 8G | HJ | 8B |
| 3:30 | LJ | SG | LJ | SB |
| | Jav | 8G | | |
| | Dis | SG | | |
| | HJ | JG | HJ | JB |