

ISEA Track and Field CHAMPIONSHIPS

May 15, 2023

South Surrey Athletic Park

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**Coaches' Meeting: 8:45am at the finish line**

**TRACK EVENTS:**

- All events are either finals or timed finals.
- Order of events: girls A, girls B, boys A, boys B

<b>TIME</b>	<b>EVENT</b>	<b>ORDER</b>
9:30am	4x100m Relay ● A and B timed finals	Grades 7, 6, 5, 4
11:20am	1200m ● A and B finals (together)	Grades 7, 6
12:00pm	1000m ● A and B finals (together)	Grades 5, 4
12:40pm	100m ● A and B timed finals	Grades 7, 6
1:00pm	60m ● A and B timed finals	Grades 5, 4
1:30pm	800m ● A and B finals (together)	Grades 7, 6
2:00pm	600m ● A and B finals (together)	Grades 5, 4
2:30pm	200m ● A and B timed finals	Grades 7, 6, 5, 4
3:30pm	Medley (600, 200, 400, 800) ● A timed final only ● Girls Race and Boys Race will run together	Grades 4, 5, 6, 7

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- Girls are competing in HJ Pit 1, LJ Pit 1, and SP Ring 1.
- Boys are competing in HJ Pit 2, LJ Pit 2, and SP Ring 2.
- There is only 1 discus ring.

<b>TIME</b>	<b>EVENT</b>
9:45am	Grade 7 Boys discus
10:00am	Grade 6 Girls and Boys Shot Put Grade 7 Girls and Boys High Jump Grade 5 Girls and Boys Long Jump
10:45am	Grade 7 Girls Discus
11:30am	Grade 7 Girls and Boys Shot Put Grade 4 Girls and Boys High Jump Grade 6 Girls and Boys Long Jump
12:00pm	Grade 6 Boys Discus
1:00pm	Grade 6 Girls Discus
1:15pm	Grade 5 Girls and Boys Shot Put Grade 6 Girls and Boys High Jump Grade 4 Girls and Boys Long Jump
2:00pm	Grade 5 Boys Discus
2:30pm	Grade 4 Girls and Boys Shot Put Grade 5 Girls and Boys High Jump Grade 7 Girls and Boys Long Jump
3:00pm	Grade 5 Girls Discus