



Secondary Schools Track & Field Championships

South Surrey Athletic Park

May 25th and 26th, 2023

May 25, 2023

***coaches' meeting 9:45**

***SOP=Special Olympics/Para**

Track events	Time	Division
Sprint Hurdles	10:00	SB/JB/SG/8B/JG/8G (based on heights)
1500m	11:00	SrG/SrB/JrG/JrB/8G/8B
100m (Timed Final)	12:45	SOP/8G/8B/JG/JB/SG/SB
400m (Timed Final)	1:30	SOP/8G/8B/JG/JB/SG/SB
1500m R/W	2:30	SrG/SrB/JrG/JrB/
4x400m	3:15	SrG/SrB/JrG/JrB/8G/8B

Field Events	Pit 1	Div	Pit 2	Div
10:00	*Hammer	SrB/JrB	Pole Vault	All
10:00	Triplejump	JrG	Triplejump	JrB
	Shot put	SrG	Shot put	*SOP
	Javelin	8B		
			<i>*NOTE re HAMMER please ensure to separate Sr and Jr athletes on 2 separate papers – Run Senior 1st</i>	
11:00	*Hammer	SrG/JrG		
11:30	TripleJump	SrG	TripleJump	SrB
	Shot put	8G	Shot put	JrB
	Javelin	SrB	Discus	8B
1:00	TripleJump	8G	TripleJump	8B
	Shot put	JrG	Shot put	SrB
	Javelin	JrB	Discus	8G
2:30	Shot put	8B	Discus	SrB



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Track Events	Time	Division *
Steeplechase	10:00	SrG/SrB/JrG/JrB
200m Timed Final	11:00	SrG/SrB/JrG/JrB/8G/8B
800m	11:45	JrG/JrB/SG/SB/8G/8B
Distance Hurdles	12:45	SrB/SrG/JrG/JrB/Gr8G/Gr8B
3000m	1:30	SrG/SrB/JrG/JrB/8G/8B
4x100m	3:15	SrG/SrB/JrG/JrB/8G/8B

Field Events	Pit 1	Div	Pit 2	Div
10:30	Long Jump	8G	Long Jump	8B
	Javelin	JrG		
	Discus	JrB		
	High Jump	SrG	High Jump	SrB
12:00	Long Jump	JrG	Long Jump	JrB
	Javelin	SrG		
	Discus	JrG		
	High Jump	8G	High Jump	8B
1:30 pm	Long Jump	SrG	Long Jump	SrB
	Javelin	8G		
	Discus	SrG		
	High Jump	JrG	High Jump	JrB