

Delta District Track and Field Championships

North Delta Track

Tuesday May 9th, 2023

<u>Event (Track)</u>	<u>Time</u>	<u>Event (Field)</u>	<u>Age Level</u>
Coaches Meeting	11:45 pm		
3000m (SR, JR, 8 Girls) (SR, JR, 8 Boys)	12:00 pm	Discus Triple Jump High Jump	Senior Boys Senior Girls Gr. 8/Junior Boys
100m heats (SO, SRG, SRB, JRG, JRB, 8G, 8B)	12:30 pm	Discus Triple Jump High Jump	Senior Girls Senior Boys Gr. 8/Junior Girls
	1:00 pm	Shot Put	SO
400m (SO, SRG, SRB, JRG, JRB, 8G, 8B)	1:30 pm	Discus Triple Jump High Jump	Gr. 8/Junior Boys Gr. 8/Junior Girls Senior Girls
4x100m Relay (SRG, SRB, JRG, JRB, 8G, 8B)	2:45 pm	Discus Triple Jump High Jump	Gr. 8/Junior Girls Gr. 8/Junior Boys Senior Boys
Distance Hurdles	4:00 pm	Javelin	SR/JR/ 8 Girls
	4:45 pm	Javelin	SR /JR /8 Boys
1500m (SRG, SRB, JRG, JRB, 8G, 8B)	5:00 pm		

Note

1. Javelin will not start until 4x100m relays are (almost) completed (infield is clear).

Wednesday, May 10th, 2023

<u>Event (Track)</u>	<u>Time</u>	<u>Event(Field)</u>	<u>Age Level</u>
Coaches Meeting	3:30 pm		
100m Final (SRG, SRB, JRG, JRB, 8G, 8B)	3:45pm	Long Jump Shot Put	Gr. 8/Junior Boys Senior Girls
800m (SRG, SRB, JRG, JRB, 8G, 8B)	4:15 pm	Shot Put	Senior Boys
	4:30 pm	Shot Put Long Jump	Senior Boys Gr. 8/Junior Girls
Sprint Hurdles	5:00 pm		
	5:15 pm	Shot Put Long Jump	Gr 8/Junior Girls Senior Boys
200m (SRG, SRB, JRG, JRB, 8G, 8B)	5:45 pm	Shot Put Long Jump	Gr 8/Junior Boys Senior Girls
4x400m Relay (SRG, SRB, JRG, JRB, 8G, 8B)	6:30 pm		

Note

1. Races can be moved forward no more than 15 minutes in advance.
2. If there are 8 or fewer competitors in the 100m, then the race will be run as a final on Thursday.
3. Timed Finals- All the track events except the 100m are timed finals.
4. Track heats may be combined to save time/fill lanes, but athletes will be scored in their own categories (SR, JR, 8).
5. All Field events will be giving competitors 3 attempts to complete their jump or throw.

Suggested hurdle order (competition planning):

- Senior Boys 110m @ 36"
- Junior Boys 100m @ 36"
- Senior Girls 100m @ 33"
- Grade 8 Boys 100m @ 33"
- Junior Girls 80m @ 30"
- Grade 8 Girls 80m @ 30"