

2011 Fraser Valley Track & Field Championships

Categories: Grade 8 / Junior (Grades 9 – 10) / Senior (Grades 11-12)

Junior Open (Grades 8 – 10) / Senior Open (Grades 9 – 12) [*Distance Hurdles, Steeplechase, Racewalk, Hammer*]

- **Open (Different height, weight, or distance)**
- **ROLLING Schedule (Events may start up to 30 min. ahead of schedule)**
- **Compete Order: Gr 8 (girls,boys) Jr(girls, boys), Sr (girls, boys)**

Day 1 – Monday, May 16

Coaches Meeting: 12:45 – 1:00pm

- 100m Heats 1:30
- 800m Heats 2:40

- High Jump (Males)
 - Grade 8 Boys 1:30
 - Junior Boys 3:00
 - Senior Boys 4:30
- Long Jump (Females)
 - Grade 8 Girls 1:30
 - Junior Girls 3:00
 - Senior Girls 4:30

- Pole Vault
 - Open Junior Girls 1:30
 - Senior Girls
 - Open Junior Boys 4:00
 - Senior Boys

- Shot Put (Males)
 - Junior Boys 1:30
 - Senior Boys 3:00
 - Grade 8 Boys 4:30

- Discus Throw (Females)
 - Junior Girls 1:30
 - Senior Girls 3:00
 - Grade 8 Girls 4:30

- 100m Final 3:40
- 3000m 4:05

- End 5:45 pm

Day 2 – Tuesday, May 17

- 200m Heats 1:30
- 80m-110m Hurdles Heats 2:30
 - Open Senior Boys 110m Hurdles
 - Junior Boys 110m Hurdles
 - Open Senior Girls 100m Hurdles
 - Grade 8 Boys 80m Hurdles
 - Junior Girls 80m Hurdles
 - Grade 8 Girls 80m Hurdles
 - Grade 8-9 Invite Heat 100m Hurdles (33") 4:00 * *Non-scoring event*

- Hammer Throw – Finals
 - Open Junior Girls 1:15
 - Senior Girls 2:45
 - Open Junior Boys 4:15
 - Open Senior Boys 5:45

- High Jump (Females) – Finals
 - Grade 8 Girls 1:30
 - Junior Girls 3:00
 - Senior Girls 4:30

- Long Jump(Males) – Finals
 - Grade 8 Boys 1:30
 - Junior Boys 3:00
 - Senior Boys 4:30

- Javelin Throw (Males) – Finals
 - Junior Boys 1:30
 - Senior Boys 3:00
 - Grade 8 Boys 4:30

- Triple Jump (Females) – Finals
 - Junior Girls 1:30
 - Senior Girls 3:00
 - Grade 8 Girls 4:30

- 800m Final 4:00
- 80m – 110m Hurdles Finals 4:30
 - Senior Boys 110m Hurdles
 - Junior Boys 110m Hurdles
 - Senior Girls 100m Hurdles
 - Grade 8 Boys 100m Hurdles
 - Junior Girls 80m Hurdles
 - Grade 8 Girls 80m Hurdles

- 200m Final 5:00
 - 1500mSC Final 5:30
 - 2000m SC Final
 - 4 x 400m Finals 6:30
- End 8:00 pm

Day 3 – Thursday, May 19

- Coaches Meeting: 9:15-9:30AM
- 1500m Racewalk (Open JrB/JrG) (SrB/SrG) 9:45am
 - 400m Heats 10:15
 - 4 x 100m Heats 11:30

 - Discus Throw (Males)
 - Grade 8 Boys 10:00
 - Junior Boys 11:30
 - Senior Boys 1:30

 - Shot Put (Females)
 - Grade 8 Girls 10:00
 - Junior Girls 11:30
 - Senior Girls 1:30

 - Triple Jump (Males)
 - Junior Boys 10:00
 - Senior Boys 11:30
 - Grade 8 Boys 1:30

 - Javelin Throw (Females)
 - Junior Girls 10:00
 - Senior Girls 11:30
 - Grade 8 Girls 1:30

 - 300 / 400m Hurdles Timed Finals 12:45
 - Senior Boys Open 400m Hurdles
 - Senior Girls Open 400m Hurdles
 - Junior Girls Open 300m Hurdles
 - Junior Boys Open 300m Hurdles

 - 1500m Timed Finals (A & B Flights) 1:05
 - 400m Finals 2:15
 - 4 x 100m Final 2:35
- End 3:00 pm