

C.C.J.H.S.A. TRACK MEETS - SCHEDULE OF EVENTS

11:15 – 11:30	ARRIVAL					
11:30 – 12:00	WARM-UP / VOLUNTEER CHECK-IN					
11:50	COACHES MEETING					
12:00	PRAYER					
12:10	MOVE TO FIRST EVENT					
TIME	JR. GIRLS	INT. GIRLS	SR. GIRLS	JR. BOYS	INT. BOYS	SR. BOYS
12:15	Long Jump 1/Turbo Jav 2	Discus 1	Shot Put 1	Long Jump 2	Discus 2	100m (Heat)
12:20				Turbo Jav 1		Shot Put 2
12:25					100m (Heat)	
12:30						
12:35			100m (Heat)			
12:40						
12:45				60m (Heat)		
12:50						
12:55		60m (Heat)				
1:00		Turbo Jav 2			Turbo Jav 1	
1:05	60m (Heat)					
1:10	Wheelchair 100					
1:15		Long Jump 1	Discus 1		Long Jump 2	Discus 2
1:20		Shot Put 1			Shot Put 2	200m (Heat)
1:25					200m (Heat)	
1:30				200m (Heat)		
1:35			200m (Heat)			
1:40		200m (Heat)				
1:45	200m (Heat)		Turbo Jav 2			Turbo Jav 1
1:50						800m
1:55					800m	
2:00				800m		
2:05			800m			
2:10	Shot Put 1	800m	Long Jump 1	Shot Put 2		Long Jump 2
2:15	800m					
2:20						
2:25	60m (Final)					
2:30		60m (Final)				
2:35				60m (Final)		
2:40			100m (Final)			
2:45					100m (Final)	
2:50						100m (Final)
2:55	200m (Final)					
3:00		200m (Final)				
3:05			200m (Final)			
3:10				200m (Final)		
3:15	Discus 1			Discus 2	200m (F)	
3:20						200m (Final)
3:25	300m (Timed Final)					
3:30		300m (Timed Final)				
3:35			300m (Timed Final)			
3:40				300m (Timed Final)		
3:45					300m (Timed Final)	
3:50						300m (Timed Final)
3:55 - 4:05						
4:10	4 x 100 (Co-Ed)					
4:15		4 x 100 (Co-Ed)				
4:20			4 x 100 (Co-Ed)			
4:25	4 x 100					
4:30		4 x 100				
4:35			4 x 100			
4:40				4 x 100		
4:45					4 x 100	
4:50						4 x 100
4:55 - 5:00	AWARDS / BUS DEPARTURE					

CAUTION – Check schedule for conflicts before entering students in events!