

OUR LADY OF ASSUMPTION TRACK AND FIELD MEET SCHEDULE

May 15, 2024

FIELD EVENTS SCHEDULE

LONG JUMP: Starting at 9:30

(4 participants per school)

Pit 1: Pit 2:

Gr. 7 Girls Gr. 7 Boys

Gr. 6 Girls Gr. 6 Boys

Gr. 5 Girls Gr. 5 Boys

Gr. 4 Girls Gr. 4 Boys

Gr. 3 Girls Gr. 3 Boys

HIGH JUMP: Starting at 10:30

(2 participants per school)

Gr. 6 Boys

Gr. 6 Girls

Gr. 7 Boys

Gr. 7 Girls

SHOT PUT: Starting at 10:30

(4 participants per school)

Gr. 4 Girls

Gr. 4 Boys

Gr. 5 Girls

Gr. 5 Boys

Gr. 6 Girls

Gr. 6 Boys

Gr. 7 Girls

Gr. 7 Boys

DISCUS: Starting at 10:30

(2 participants per school)

Gr. 7 Girls

Gr. 7 Boys

Gr. 6 Girls

Gr. 6 Boys

Gr. 5 Girls

Gr. 5 Boys

*****All starting times are approximate.*****

RUNNING RACES SCHEDULE

1200 M: Starting at 9:30

(2 participants per grade level per school)

Gr. 7 Boys

Gr. 7 Girls

Gr. 6 Boys

Gr. 6 Girls

1000 M: Approximately 10:00

(2 participants per grade level per school)

Gr. 5 Boys

Gr. 5 Girls

Gr. 4 Boys

Gr. 4 Girls

Gr. 3 Boys

Gr. 3 Girls

OPENING CEREMONIES AND ANNOUNCEMENTS: Approximately 10:15

200M: Starting at 10:30

(4 participants per school)

Gr. 5 Boys

Gr. 5 Girls

Gr. 6 Boys

Gr. 6 Girls

Gr. 7 Boys

Gr. 7 Girls

60M: Starting at 11:00

(unlimited participants for all grades)

Gr. 3 Boys

Gr. 3 Girls

Gr. 4 Boys

Gr. 4 Girls

300M: Starting at 11:15

(4 participants per school)

Gr. 6 Girls

Gr. 6 Boys

Gr. 7 Girls

Gr. 7 Boys

600M: Starting at 11:45
(4 participants per school)
Gr. 5 Girls
Gr. 5 Boys
Gr. 4 Girls
Gr. 4 Boys
Gr. 3 Girls
Gr. 3 Boys

100M: Starting at 12:15
(unlimited participants for all grades)
Gr. 3 Boys Gr. 3 Girls
Gr. 4 Boys Gr. 4 Girls
Gr. 5 Boys Gr. 5 Girls
Gr. 6 Boys Gr. 6 Girls
Gr. 7 Boys Gr. 7 Girls

4 X 100M: Starting at 1:15
(2 relay teams per school)

Gr. 3 Boys
Gr. 3 Girls
Gr. 4 Boys
Gr. 4 Girls
Gr. 5 Boys
Gr. 5 Girls
Gr. 6 Boys
Gr. 6 Girls
Gr. 7 Boys
Gr. 7 Girls

**2024 LANE ASSIGNMENTS FOR
RELAYS & 60M RACES:**

Lane 1: St. Francis Xavier
Lane 2: St. Francis de Sales
Lane 3: St. Michael's
Lane 4: O.L.A
Lane 5: Our Lady of Fatima
Lane 6: QAS
Lane 7: St. Jude's
Lane 8: St. Patrick's

4 X 100M MIXED RELAYS: Starting at 2:15

Gr. 3 Mixed (2 relay teams per school)
Gr. 4 Mixed (2 relay teams per school)
Gr. 5 Mixed (1 relay team per school)
Gr. 6 Mixed (1 relay team per school)
Gr. 7 Mixed (1 relay team per school)

800M: Starting at 2:30
(4 participants per school)
Gr. 7 Girls
Gr. 7 Boys
Gr. 6 Girls
Gr. 6 Boys

APPROXIMATELY 3:00: CLOSING ANNOUNCEMENTS.

*******ALL TIMES ARE APPROXIMATE*******