

**SOUTH CENTRAL DISTRICT TRACK & FIELD MEET**  
**Tuesday, May 26 2009- GUTHERIDGE FIELD-MOOSE JAW**

**TRACK EVENTS**

**3000m**

4:30 PM SENIOR BOYS

JUNIOR BOYS

MIDGET BOYS

BANTAM BOYS

SENIOR GIRLS

JUNIOR GIRLS

MIDGET GIRLS

BANTAM GIRLS

\* Categories will be combined up to 12 athletes if possible.

**SOUTH CENTRAL DISTRICT TRACK & FIELD MEET**  
**Wednesday, May 27 2009- GUTHERIDGE FIELD-MOOSE JAW**

<b>TRACK EVENTS</b>		<b>FIELD EVENTS</b>		
<b>HURDLES(TIMED FINALS)</b>		<b>ROUND 1</b>		
10:00	SENIOR BOYS	10:00	SENIOR BOYS	HIGH JUMP
	JUNIOR BOYS		JUNIOR BOYS	DISCUS
	MIDGET BOYS		MIDGET BOYS	
	BANTAM BOYS		BANTAM BOYS	TRIPLE JUMP
	SENIOR GIRLS		SENIOR GIRLS	
	JUNIOR GIRLS		JUNIOR GIRLS	SHOT PUT
	MIDGET GIRLS		MIDGET GIRLS	LONG JUMP
	BANTAM GIRLS		BANTAM GIRLS	
<b>200M HEATS &amp; FINALS</b>		<b>ROUND 2</b>		
10:45	SENIOR BOYS	10:40	SENIOR BOYS	SHOTPUT
10:50	JUNIOR BOYS		JUNIOR BOYS	
10:55	MIDGET BOYS		MIDGET BOYS	HIGH JUMP
11:00	BANTAM BOYS (FINAL)		BANTAM BOYS	DISCUS
11:05	SENIOR GIRLS (FINAL)		SENIOR GIRLS	LONG JUMP
11:10	JUNIOR GIRLS (FINAL)		JUNIOR GIRLS	
11:15	MIDGET GIRLS		MIDGET GIRLS	JAVELIN
11:20	BANTAM GIRLS (FINAL)		BANTAM GIRLS	TRIPLE JUMP
<b>800M TIMED FINALS</b>		<b>ROUND 3</b>		
11:30	SENIOR BOYS	11:20	SENIOR BOYS	
11:35	JUNIOR BOYS		JUNIOR BOYS	TRIPLE JUMP
11:40	MIDGET BOYS		MIDGET BOYS	JAVELIN
11:45	BANTAM BOYS		BANTAM BOYS	
11:50	SENIOR GIRLS		SENIOR GIRLS	DISCUS
11:55	JUNIOR GIRLS		JUNIOR GIRLS	HIGH JUMP
12:00	MIDGET GIRLS		MIDGET GIRLS	
12:05	BANTAM GIRLS		BANTAM GIRLS	SHOTPUT
<b>100M FINALS</b>		<b>ROUND 4</b>		
12:15	SENIOR BOYS	12:00	SENIOR BOYS	LONG JUMP
12:20	JUNIOR BOYS		JUNIOR BOYS	SHOTPUT
12:25	MIDGET BOYS		MIDGET BOYS	
12:30	BANTAM BOYS		BANTAM BOYS	HIGH JUMP
12:35	SENIOR GIRLS		SENIOR GIRLS	
12:40	JUNIOR GIRLS		JUNIOR GIRLS	JAVELIN
12:45	MIDGET GIRLS		MIDGET GIRLS	TRIPLE JUMP
12:50	BANTAM GIRLS		BANTAM GIRLS	
<b>400M TIMED FINALS</b>		<b>ROUND 5</b>		
1:00	SENIOR BOYS	12:40	SENIOR BOYS	DISCUS
1:05	JUNIOR BOYS		JUNIOR BOYS	
1:10	MIDGET BOYS		MIDGET BOYS	TRIPLE JUMP
1:15	BANTAM BOYS		BANTAM BOYS	JAVELIN
1:20	SENIOR GIRLS		SENIOR GIRLS	HIGH JUMP
1:25	JUNIOR GIRLS		JUNIOR GIRLS	
1:40	MIDGET GIRLS		MIDGET GIRLS	SHOT PUT
1:45	BANTAM GIRLS		BANTAM GIRLS	LONG JUMP

<b>ROUND 6</b>				
	1:20	SENIOR BOYS		
		JUNIOR BOYS	LONG JUMP	
		MIDGET BOYS	SHOT PUT	
		BANTAM BOYS		
		SENIOR GIRLS	JAVELIN	
		JUNIOR GIRLS	TRIPLE JUMP	
		MIDGET GIRLS		
		BANTAM GIRLS	DISCUS	
<b>1500M FINALS</b>			<b>ROUND 7</b>	
2:00	SENIOR BOYS	2:00	SENIOR BOYS	TRIPLE JUMP
2:10	JUNIOR BOYS		JUNIOR BOYS	JAVELIN
2:20	MIDGET BOYS		MIDGET BOYS	
2:30	BANTAM BOYS		BANTAM BOYS	LONG JUMP
2:40	SENIOR GIRLS		SENIOR GIRLS	
2:50	JUNIOR GIRLS		JUNIOR GIRLS	DISCUS
3:00	MIDGET GIRLS		MIDGET GIRLS	HIGH JUMP
3:10	BANTAM GIRLS		BANTAM GIRLS	
<b>200M FINALS</b>			<b>ROUND 8</b>	
3:20	SENIOR BOYS	2:40	SENIOR BOYS	
3:25	JUNIOR BOYS		JUNIOR BOYS	HIGH JUMP
3:30	MIDGET BOYS		MIDGET BOYS	DISCUS
3:35	MIDGET GIRLS		BANTAM BOYS	
			SENIOR GIRLS	SHOTPUT
<b>4 X 100M RELAYS</b>	<b>ROUND 9</b>		JUNIOR GIRLS	LONG JUMP
4:00	SENIOR BOYS		MIDGET GIRLS	
4:05	JUNIOR BOYS		BANTAM GIRLS	JAVELIN
4:10	MIDGET BOYS			
4:15	BANTAM BOYS	3:20	SENIOR BOYS	JAVELIN
4:20	SENIOR GIRLS		JUNIOR BOYS	
4:25	JUNIOR GIRLS		MIDGET BOYS	LONG JUMP
4:30	MIDGET GIRLS		BANTAM BOYS	SHOT PUT
4:35	BANTAM GIRLS		SENIOR GIRLS	TRIPLE JUMP
<b>4 X 400M RELAYS</b>			JUNIOR GIRLS	
4:45	OPEN BOYS		MIDGET GIRLS	DISCUS
4:55	OPEN GIRLS		BANTAM GIRLS	HIGH JUMP

- 5:10 Aggregate Champions Announcement
- 5:20 Coaches Meeting (All coaches with athletes advancing to provincials need to check in with Larry Segall or Roger Morgan before leaving the track)
- Agenda
1. Transportation and Accommodation information
  2. Results distribution
  3. Assigning jobs at the provincial meet
  4. Determining Relay teams
  5. Declaring head coach and delegates for provincial coaches meeting