

## APPENDIX "A" - Event Schedule and Specifications

### SJAMYAA Track & Field Championships

#### ORDER OF TRACK EVENTS

-Boys will compete before Girls in Track Events unless specifically noted on the schedule

-Grade 8's, Grade 7's, Grade 6's

#### Track Events

##### Morning

9:30 a.m. 1200m Finals (7 & 8's)  
1000m Finals (6's)  
10:15 a.m. 100m Heats (7 & 8's)  
80m Heats (6's)  
11:00 a.m. 800m Finals (7 & 8's)  
600m Finals (6's)

##### Afternoon

12:00 p.m. 100m Finals (7 & 8's)  
80m Finals (6's)  
12:45 p.m. 300m Finals (7/8's)  
150m Finals (6's)  
1:45 p.m. 4 x 100m Finals

#### Field Events

Time	Gr. 6 Boys	Gr. 6 Girls	Gr. 7 Boys	Gr. 7 Girls	Gr. 8 Boys	Gr. 8 Girls
9:30-10:30	Standing Long Jump	Standing Long Jump	Long Jump	Long Jump	High Jump	High Jump
10:30-11:30	High Jump	High Jump	Discus	Discus	Long Jump	Long Jump
11:30-12:30	Long Jump	Long Jump	High Jump	High Jump	Shot Put	Shot put
12:30-1:30	Shot Put	Shot put	Standing Long Jump	Standing Long Jump	Discus	Discus
1:30-2:30	Discus	Discus	Shot Put	Shot Put	Standing Long Jump	Standing Long Jump

Relays:

One relay team/school/grade/gender

Please have your students selected and prepared to race prior to the event - remember pinnies!

Batons will be available at the start line (which will be the finish line)

If we are close for time we will run 8 boys, 8 girls, 7 boys, 7 girls, 6 boys, 6 girls