

2006 PROVINCIAL RURAL TRACK AND FIELD SCHEDULE in SELKIRK

TRACK EVENTS

FRIDAY, JUNE 2

<u>TIME</u>	<u>EVENT</u>	<u>CLASSIFICATION</u>
11:00 AM	MEDLEY RELAY	JV. GIRLS
11:15 AM	MEDLEY RELAY	SR. GIRLS
11:30 AM	MEDLEY RELAY	JV. BOYS
11:45 AM	MEDLEY RELAY	SR. BOYS
12:00 PM	200 METRES HEATS	JV. GIRLS
12:15 PM	200 METRES HEATS	SR. GIRLS
12:30 PM	200 METRES HEATS	JV. BOYS
12:45 PM	200 METRES HEATS	SR. BOYS
12:50 PM	<i>Awards Presentation (Medley relays)</i>	
1:00 PM	80 M HURDLES HEATS	JV. GIRLS
1:15 PM	80 M HURDLES HEATS	SR. GIRLS
1:30 PM	1500 METRES FINALS	JV. GIRLS
1:45 PM	1500 METRES FINALS	SR. GIRLS
2:00 PM	100 M HURDLES HEATS	JV. BOYS
2:15 PM	100 M HURDLES HEATS	SR. BOYS
2:30 PM	100M MULTI EVENT TIMED FINAL	JV. GIRLS
2:33 PM	100M MULTI EVENT TIMED FINAL	SR. GIRLS
2:36 PM	100M MULTI EVENT TIMED FINAL	JV. GIRLS
2:40 PM	100M MULTI EVENT TIMED FINAL	SR. GIRLS
2:45 PM	1500 METRES FINALS	JV. BOYS
3:00 PM	1500 METRES FINALS	SR. BOYS
3:15 PM	<i>Awards Presentation (1500m & 12:00 Field Events)</i>	
3:25 PM	400 METRES HEATS	JV. GIRLS
3:40 PM	400 METRES HEATS	SR. GIRLS
3:55 PM	400 METRES HEATS	JV. BOYS
4:10 PM	400 METRES HEATS	SR. BOYS
4:25 PM	100 METRES HEATS	JV. GIRLS
4:40 PM	100 METRES HEATS	SR. GIRLS
4:55 PM	100 METRES HEATS	JV. BOYS
5:10 PM	100 METRES HEATS	SR. BOYS
5:15 PM	<i>Awards Presentation (1:00 & 2:00 Field Events)</i>	
5:30 PM	4 X 100 METRES HEATS	JV. GIRLS
5:45 PM	4 X 100 METRES HEATS	SR. GIRLS
6:00 PM	4 X 100 METRES HEATS	JV. BOYS
6:15 PM	4 X 100 METRES HEATS	SR. BOYS
6:30 PM	4 X 400 METRES TIMED FINALS	JV. GIRLS
6:45 PM	4 X 400 METRES TIMED FINALS	SR. GIRLS
7:00 PM	4 X 400 METRES TIMED FINALS	JV. BOYS
7:15 PM	4 X 400 METRES TIMED FINALS	SR. BOYS
7:30 PM	<i>Awards Presentation (4x400 and 4:00 Field Events)</i>	

SATURDAY JUNE 3

<u>TIME</u>	<u>EVENT</u>	<u>CLASSIFICATION</u>
10:30 AM	3000 M FINAL	JV. GIRLS
10:45 AM	3000 M FINAL	SR. GIRLS
11:00 AM	3000 M FINAL	JV. BOYS
11:15 AM	3000 M FINAL	SR. BOYS
11:30 AM	200 M FINAL	JV. GIRLS
11:35 AM	200 M FINAL	SR. GIRLS
11:40 AM	200 M FINAL	JV. BOYS
11:45 AM	200 M FINAL	SR. BOYS
11:55 AM	80 M HURDLES FINAL	JV. GIRLS
12:05 PM	80 M HURDLES FINAL	SR. GIRLS
12:15 PM	800 M FINAL	JV. GIRLS
12:25 PM	800 M FINAL	SR. GIRLS
12:35 PM	800 M MULTI EVENT TIMED FINAL	JV. GIRLS
12:40 PM	800 M MULTI EVENT TIMED FINAL	SR. GIRLS
12:50 PM	100 M HURDLES FINAL	JV. BOYS
1:00 PM	100 M HURDLES FINAL	SR. BOYS
1:10 PM	800 M FINAL	JV. BOYS
1:20 PM	800 M FINAL	SR. BOYS
1:30 PM	800 M MULTI EVENT TIMED FINAL	JV. BOYS
1:35 PM	800 M MULTI EVENT TIMED FINAL	SR. BOYS
<i>1:40 PM</i>	<i>Awards Presentation (3000, 200, Hurdles, 800 & 10:30 & 11:45 Field Events)</i>	
1:45 PM	100 M FINAL	JV. GIRLS
1:50 PM	100 M FINAL	SR. GIRLS
1:55 PM	100 M FINAL	JV. BOYS
2:00 PM	100 M FINAL	SR. BOYS
2:05 PM	400 M FINAL	JV. GIRLS
2:10 PM	400 M FINAL	SR. GIRLS
2:15 PM	400 M FINAL	JV. BOYS
2:20 PM	400 M FINAL	SR. BOYS
2:25 PM	4 X 100 M FINAL	JV. GIRLS
2:35 PM	4 X 100 M FINAL	SR. GIRLS
2:45 PM	4 X 100 M FINAL	JV. BOYS
2:55 PM	4 X 100 M FINAL	SR. BOYS
<i>3:00 PM</i>	<i>Awards Presentation (multi event, 100, 400, 4x100 & 1:30 Field Events)</i>	

FIELD EVENTS

FRIDAY, JUNE 2

12:00 PM	SHOT PUT	JV. GIRLS
12:00 PM	JAVELIN	SR. GIRLS
12:00 PM	LONG JUMP	JV. BOYS
12:00 PM	HIGH JUMP	SR. BOYS
1:00 PM	TRIPLE JUMP	SR. GIRLS
1:00 PM	DISCUS	SR. BOYS
2:00 PM	JAVELIN	JV. GIRLS
2:00 PM	SHOT PUT	JV. BOYS
2:00 PM	LONG JUMP	SR. BOYS
3:15 PM	<i>Awards Presentation (1500m & 12:00 Field Events)</i>	
4:00 PM	DISCUS	SR. GIRLS
4:00 PM	TRIPLE JUMP	JV. GIRLS
4:00 PM	HIGH JUMP	JV. BOYS
*4:00 PM	MULTI EVENT LONG JUMP	GIRLS (JV. & SR.)
*4:30 PM	MULTI EVENT LONG JUMP	BOYS (JV. & SR.)
5:15 PM	<i>Awards Presentation (1:00 & 2:00 Field Events)</i>	
7:30 PM	<i>Awards Presentation (4x400 and 4:00 Field Events)</i>	

SATURDAY, JUNE 3

10:30 AM	HIGH JUMP	JV. GIRLS
10:30 AM	LONG JUMP	SR. GIRLS
10:30 AM	DISCUS	JV. BOYS
10:30 AM	JAVELIN	SR. BOYS
*10:30 AM	MULTI EVENT SHOT PUT	GIRLS (JV. & SR.)
*11:00 AM	MULTI EVENT SHOT PUT	BOYS (JV. & SR.)
11:45 AM	LONG JUMP	JV. GIRLS
11:45 AM	HIGH JUMP	SR. GIRLS
11:45 AM	TRIPLE JUMP	JV. BOYS
11:45 AM	SHOT PUT	SR. BOYS
1:30 PM	DISCUS	JV. GIRLS
1:30 PM	SHOT PUT	SR. GIRLS
1:30 PM	JAVELIN	JV. BOYS
1:30 PM	TRIPLE JUMP	SR. BOYS
1:40 PM	<i>Awards Presentation (3000, 200, Hurdles, 800 & 10:30 & 11:45 Field Events)</i>	
3:00 PM	<i>Awards Presentation (multi event , 100, 400, 4x100 & 1:30 Field Events)</i>	

*** EACH ATHLETE WILL GET A TOTAL OF THREE JUMPS/THROWS.**

MULTI EVENT SCORING SYSTEM

1ST - 16, 2ND 14, 3RD - 12, 4TH - 10, 5TH - 8, 6TH - 4, 7TH - 3, 8TH - 2

PLEASE REFER TO THE PROVINCIAL HANDBOOK (pages 53-62) FOR MORE INFORMATION.