

Portage Collegiate Annual Pride of the Prairie Track and Field Meet

Thursday May 7th, 2009
Yellowquill School Track

The first track event will start at 4:00 pm and will continue one after another until completed, the first field event will start a 4:00 pm and will follow the schedule located on the reverse side of paper. The order of events will be junior girls, senior girls, junior boys, and finally senior boys. Certain races may be grouped depending on the number of athletes entered, but times and results will be seperated in to the appropriate categories.

Schedule of Track Events

4:00 pm	Hurdles (timed final)	junior girls, senior girls
	1500m (timed final)	junior girls, senior girls
	Hurdles (timed final)	junior boys, senior boys
	1500m (timed final)	junior boys, senior boys
	200m (timed final)	all categories
	800m (timed final)	all categories
	100m (timed final)	all categories
	3000m (timed final)	all categories
	400m (timed final)	all categories
	4 X 100m relay (timed final)	all categories

Schedule of Field Events

- Only three attempts will be permitted at each event
- It is the athletes responsibility to warm up and marshal in at the event within the allotted time to compete

Category	4:00 pm	5:00 pm	6:00 pm	7:00 pm
Junior Girls	High Jump	Javelin/ Triple Jump	Shot Put/ Long Jump	Discus
Senior Girls	Shot Put	Discus/ Triple Jump	Javelin/ Long Jump	High Jump
Junior Boys	Discus/ Triple Jump	Shot Put	High Jump	Javelin/ Long Jump
Senior Boys	Javelin/ Triple Jump	High Jump	Discus	Shot Put/ Long Jump

*** Note:**

- Yellowquill Track is a crushed limestone surface so spikes can be used
- The long jump and triple jump runway is asphalt so no spikes can be used
- Meet is sticker style, put your full name and school on sticker and hand in to marshal of the event
- Any conflict between track and field events, the athlete should complete the track event first, then go to the field event
- There will be a canteen
- Any questions contact Alan Patterson at PCI ph: 857-6843 ext. 1093 or fax: 239-5905, email apatterson@plpsd.mb.ca