

MILK Track and Field Schedule

- including procedure for qualifying and standards

1. Qualifying from Zones to Provincial Championships
 - **3 per zone** (potential for a total of 45 entries per category/event)
Standard (calculation: 8th place average over three years) – (**averaging** the Rural and Provincial championships results)

2. Provincial Championship Schedule (proposed schedule on following pages)
 - a. **Track Events**
 - **100m**
 - *Process*: IF more than 33 entries - heats to Semi Finals to Finals
 - Semi finals would involve two heats of 8 runners each (or maximum number of lanes)
 - Finals would be one heat of 8 runners (or maximum number of lanes)
 - If there are less than 33 entries, the process would be heats to finals
 - **hurdles**
 - o After evaluating previous entries, we realistically don't believe there would be more than 33 entries, therefore the process would be heats to finals. (present system)
 - o If there are more than 33 entries, the process would be heats to Semi Finals to Finals
 - **200m, 400m, 800m and 4x100m**
 - o Process: heats to finals (present system, except for 800m)
 - **1500m and 3000m**
 - o Process: Timed Finals (present system)
 - **4x400m and medley relay**
 - o Process: Timed Finals (present system)
 - o **Note: 4x 400m would be run out of lanes.**
 - o **For discussion: running the medley relay out of lanes and changing the order to 200, 200, 400, 800.**
 - b. **Field Events**:
 - we envision it would require 45 minutes per flight (except for High Jump). A flight would include a **Qualifying mark*, which, **once achieved, would advance that athlete directly to the Final. No further attempts by that athlete would be permitted. All distances and heights achieved in the qualifying rounds are not considered in the final results; these results only serve to advance the athlete to the final.**
 - The Final would include the top 12 competitors (minimum).
 - If the entries are 20 or less, flights would be eliminated.
 - o Qualifying mark – may require further discussion.
 - o **Number of attempts in LJ, TJ, and throws: 3 attempts in qualifying round. 3 attempts in first round of final, with the top 8 athletes receiving 3 additional attempts as usual.**
 - o **HJ – A competition will be run as usual, with the bar eventually rising to the qualifying mark, but no higher. The 12 competitors (minimum) with the best results will advance to the final. Any athletes achieving the qualifying mark are automatically advanced to the final.**

- TENTATIVE Schedule on next three pages

Thursday:

(TENTATIVE)

Track Events

2:00pm 400m heat
3:15pm 1500m Timed Final
5:15pm 100m heat
6:30pm medley relay Timed Final
8:00pm **Awards Presentation** (1500m and medley relay)

Field Events

2:00pm	JV girls	High Jump (qualifying)
2:00pm	JV boys	Shot Put (qualifying)
2:00pm	Varsity girls	Javelin (qualifying)
2:00pm	Varsity boys	Long Jump (qualifying)
3:30pm	JV girls	Discus (qualifying)
3:30pm	JV boys	Triple Jump (qualifying)
4:00pm	JV girls	Long Jump (qualifying)
4:00pm	JV boys	High Jump (qualifying)
4:00pm	Varsity girls	Shot Put (qualifying)
4:00pm	Varsity boys	Javelin (qualifying)
5:30pm	Varsity girls	Discus (qualifying)
5:30pm	Varsity boys	Triple Jump (qualifying)
6:00pm	JV girls	Javelin (qualifying)
6:00pm	JV boys	Long Jump (qualifying)
6:00pm	Varsity girls	High Jump (qualifying)
6:00pm	Varsity boys	Shot Put (qualifying)

Friday

(TENTATIVE)

Track Events

9:30am	Hurdles heats
10:30am	800m heats
11:30pm	100m semi finals (2 heats)
12:45pm	Break and Awards Presentation – (JV girls and boys Javelin, Varsity girls and boys High Jump)
1:30pm	100m Finals
2:00pm	200m heats (to finals)
3:30pm	Multi Event 100m
4:00pm	4x100m heats
5:30pm	4x400m Timed Finals – (to be run in heats, in lanes)
7:00pm	Awards Presentation – (100m, 4x400m, JV girls and boys High Jump, Varsity girls and boys Javelin)

Field Events

9:00am	JV girls	Shot Put (qualifying)
9:00am	JV boys	Javelin (qualifying)
9:00am	Varsity girls	Long Jump (qualifying)
9:00am	Varsity boys	High Jump (qualifying)
10:00am	Multi event Girls Shot Put	
10:00am	JV girls	Triple Jump (qualifying)
10:00am	JV boys	Discus (qualifying)
11:00am	JV girls	High Jump (Finals)
11:00am	JV boys	Shot Put (Finals)
11:00am	Varsity girls	Javelin (Finals)
11:00am	Varsity boys	Long Jump (Finals)
12:00pm	Multi event Boys Shot Put	
12:00pm	Varsity girls	Triple Jump (qualifying)
12:00pm	Varsity boys	Discus (qualifying)
1:00pm	JV girls	Long Jump (Finals)
1:00pm	JV boys	High Jump (Finals)
1:00pm	Varsity girls	Shot Put (Finals)
1:00pm	Varsity boys	Javelin (Finals)
2:00pm	JV girls	Discus (Finals)
2:00pm	JV boys	Triple Jump (Finals)
3:00pm	JV girls	Javelin (Finals)
3:00pm	Varsity girls	High Jump (Finals)
3:00pm	Varsity boys	Shot Put (Finals)
4:00pm	JV girls	Triple Jump (Finals)
4:00pm	JV boys	Discus (Finals)
5:30pm	JV girls	Discus (Finals)
5:30pm	JV boys	Triple Jump (Finals)

Saturday

(TENTATIVE)

Track Events

9:30am	800m Finals (run out of lanes)
10:00am	Hurdles Finals
10:45am	Awards Presentation – (800m and hurdles)
11:00am	200m Finals
11:30am	3000m Finals
1:00pm	400m Finals
1:45pm	Awards Presentation
2:00pm	Multi Event 800m
2:20pm	4x100m Finals
2:50pm	Awards Presentation

Field Events

9:00am	<i>Multi event GIRLS Long Jump</i>	
10:00am	Varsity girls	Discus (Finals)
10:00am	Varsity boys	Triple Jump (Finals)
10:00am	<i>Multi event BOYS Long Jump</i>	
11:00am	JV girls	Shot Put (Finals)
11:00am	JV boys	Javelin (Finals)
11:00am	Varsity girls	Long Jump (Finals)
11:00am	Varsity boys	High Jump (Finals)
12:00pm	Multi event boys Long Jump	
12:00pm	JV boys Long Jump (Finals)	
12:00pm	Varsity girls	Triple Jump (Finals)
12:00pm	Varsity boys	Discus (Finals)