

**Grade 7 & 8
Barb Cheop
Track and Field Schedule
June 8th, 2023**

9:45 Coach's Meeting

Track Events

10:00	4 x 400m finals girls
10:40	4 x 400m finals boys
11:20	100m girls and boys heats and finals
12:20	800m finals girls
1:00	800m finals boys
1:40	4 x 100 relay girls
2:20	4 x 100 relay boys

Field Events

	7 girls	7 boys	8 girls	8 boys
10:00	High Jump	Long Jump	Discus	Shot
11:00	Shot	High Jump	Long Jump	Discus
12:00	Discus	Shot	High Jump	Long Jump
1:00	Break	Break	Break	Break
1:30	Long Jump	Discus	Shot	High Jump

All Times are approximate.

1200m Run will take place on Wednesday May 31st, 2023 @ 4:30