

Course des lutins Louis-Riel Elves Meet

Order of events :

Intermediate Girls, Junior Varsity Girls, Varsity Girls

followed by Intermediate Boys, Junior Varsity Boys and Varsity Boys

Note that we're using a *rolling schedule*. We will immediately move to the next event when done with the previous one. Make sure your athletes are aware of what's going on and warm-up accordingly.

TRACK START TIME : 10h30 *(Number in parentheses = # of heats)

- 4x100m (22)
- 60m Hurdles (9)
- 60m Prelims (50)
*Top six (6) times advances to finals
- 800m (9)
- 300m (20)
- 60m Finals (6)
- Candy Cane Open Relay (2)
(400m-200m-200m-400m)
- Cookie Mile (5)

FIELD EVENT *We will go ahead of schedule if and when possible

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| 10h45 | Shot Put Intermediate Girls - Throwing Circle A & B (11/11) |
| 10h45 | Long Jump Varsity Girls - Pit A & B (12/11) |
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| 11h30 | Shot Put Varsity Boys - Throwing Circle B (10) |
| 11h30 | Shot Put Varsity Girls - Throwing Circle A (8) |
| 11h30 | Long Jump Intermediate Girls - Pit A & B (20/20) |
| 11h55 | Shot Put Intermediate Boys - Throwing Circle A & B (13/13) |
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| 12h30 | Long Jump Junior Varsity Girls - Pit A & B (16/16) |
| 12h30 | Shot Put Junior Varsity Boys - Throwing Circle A (14) |
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| 13h15 | Long Jump Intermediate Boys - Pit A & B (23/24) |
| 13h20 | Shot Put Junior Varsity Girls - Throwing Circle A (13) |
| | |
| 14h00 | Long Jump Junior Varsity Boys - Pit A & B (12/12) |
| 14h00 | Shot Put Junior Varsity Girls - Throwing Circle A (13) |
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| 14h30 | Long Jump Varsity Boys - Pit A & B (12/13) |