



## **Course des lutins Louis-Riel Elves Meet**

*\*Rolling schedule - no fixed times. Make sure your athletes are following along and are properly warmed up and ready to go! The soccer field #2 will be the designated warm-up area.*

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### **TRACK/PISTE : 10h40**

Order of divisions:      *Junior Girls & Senior Girls  
followed by Junior Boys & Senior Boys*

4x100m                      Open Girls followed by Open Boys  
600m                        Girls followed by Boys  
60mH                        Girls followed by Boys  
60m prelims                Girls followed by Boys  
\*Top six (6) times advances to finals  
300m\*                        Girls followed by Boys  
100m Para  
60m finals                    Girls followed by Boys  
Candy Cane Open Relay (200-600-800-1600)

\*Reminder: the 300m is a waterfall start!

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### **FIELD EVENTS : 10h30 START \*\*except Pole Vault @9:30\*\***

(We will go ahead of schedule if possible)

9h30              Pole Vault

10h30            Long Jump Junior Varsity Girls Pit A&B (13/14)  
10h30            Shot Put Senior Varsity Boys (9)  
10h50            Shot Put Junior Varsity Boys & Para (11)

11h15            Shot Put Senior Varsity Girls (6)  
11h30            Long Jump Senior Varsity Boys Pit A & B (12/12)  
11h35            Shot Put Junior Varsity Girls (11)

12h00            High Jump Junior Varsity Boys (9)  
12h15            Long Jump Senior Varsity Girls Pit A & Pit B (11/11)  
12h45            High Jump Senior Varsity Boys (10)

13h00            Long Jump Junior Varsity Boys Pit A & Pit B (10/11)  
13h30            High Jump Junior & Senior Varsity Girls (9)