

WCSSAA/D8 Meet Schedule 2019

TRACK SCHEDULE - WEDNESDAY

NOTE: Any track or field event may start up to one-half hour before the times shown in this schedule. Coaches are asked to ensure that all athletes are informed of this fact and the importance of listening to announcements. Please encourage athletes to be at the facility at least 45 minutes before the scheduled event time.

9:00 am	Midget Girls	80 m Hurdles (30")	Heats
	Junior Girls	80 m Hurdles (30")	Heats
	Senior Girls	100 m Hurdles (30")	Heats
	Midget Boys	100 m Hurdles (33")	Heats
	Junior Boys	100 m Hurdles (36")	Heats
	Senior Boys	110 m Hurdles (36")	Heats
9:45	Amb/ID/VI	100 m	Final
9:50	Midget Girls	100 m (back straight)	Heats
	Midget Boys	100 m (front straight)	Heats
10:20	Junior Girls	100 m (back straight)	Heats
	Junior Boys	100 m (front straight)	Heats
10:50	Senior Girls	100 m (back straight)	Heats
	Senior Boys	100 m (front straight)	Heats
11:20	Open Girls	2000 m Steeplechase	Final
	Open Boys	2000 m Steeplechase	Final
11:50	Midget Girls	100 m	Semi-Finals
	Junior Girls	100 m	Semi-Finals
	Senior Girls	100 m	Semi-Finals
	Midget Boys	100 m	Semi-Finals
	Junior Boys	100 m	Semi-Finals
	Senior Boys	100 m	Semi-Finals
12:30	Midget Girls	1500 m	Final
	Junior Girls	1500 m	Final
	Senior Girls	1500 m	Final
1:30	Midget Girls	80 m Hurdles (30")	Final
	Junior Girls	80 m Hurdles (30")	Final
	Senior Girls	100 m Hurdles (30")	Final
	Midget Boys	100 m Hurdles (33")	Final
	Junior Boys	100 m Hurdles (36")	Final
	Senior Boys	110 m Hurdles (36")	Final
2:30	Midget Girls	400 m	Final
	Junior Girls	400 m	Final
	Senior Girls	400 m	Final
	Midget Boys	400 m	Final
	Junior Boys	400 m	Final
	Senior Boys	400 m	Final
	WCG & WCB	400 m	Final

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3:45	Midget Boys	1500 m	Final
	Junior Boys	1500 m	Final
	Senior Boys	1500 m	Final
4:45	Midget Girls	100 m	Final
	Junior Girls	100 m	Final
	Senior Girls	100 m	Final
	Midget Boys	100 m	Final
	Junior Boys	100 m	Final
	Senior Boys	100 m	Final

TRACK SCHEDULE - THURSDAY

9:00 am	Senior Girls	200 m	Heats
	Senior Boys	200 m	Heats
	Junior Girls	200 m	Heats
	Junior Boys	200 m	Heats
	Midget Girls	200 m	Heats
	Midget Boys	200 m	Heats
10:30	Senior Girls	3000 m (alley start)	Final
	Senior Boys	3000 m (alley start)	Final
11:00	Senior Boys	400 m Hurdles (36")	Timed Final
	Senior Girls	400 m Hurdles (30")	Timed Final
	Junior Girls	300 m Hurdles (30")	Timed Final
	Midget Girls	300 m Hurdles (30")	Timed Final
	Junior Boys	300 m Hurdles (33")	Timed Final
	Midget Boys	300 m Hurdles (33")	Timed Final
12:30	Junior Girls	3000 m (alley start)	Final
	Junior Boys	3000 m (alley start)	Final
1:00	Senior Girls	800m (box start)	Timed Final
	Senior Boys	800m (box start)	Timed Final
	Junior Girls	800m (box start)	Timed Final
	Junior Boys	800m (box start)	Timed Final
	Midget Girls	800m (box start)	Timed Final
	Midget Boys	800m (box start)	Timed Final
	Amb/ID/VI	800m (box start)	Timed Final
2:30	Senior Girls	200 m	Final
	Senior Boys	200 m	Final

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	Junior Girls	200 m	Final
	Junior Boys	200 m	Final
	Midget Girls	200 m	Final
	Midget Boys	200 m	Final
	WCG & WCB	200 m	Final
3:00	Midget Girls	3000 m (alley start)	Final
	Midget Boys	3000 m (alley start)	Final
3:30	Senior Girls	4 x 100 m Relay	Timed Final
	Senior Boys	4 x 100 m Relay	Timed Final
	Junior Girls	4 x 100 m Relay	Timed Final
	Junior Boys	4 x 100 m Relay	Timed Final
	Midget Girls	4 x 100 m Relay	Timed Final
	Midget Boys	4 x 100 m Relay	Timed Final
5:00	Open Girls	4 x 400 m Relay	Timed Final
	Open Boys	4 x 400 m Relay	Timed Final

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FIELD SCHEDULE -

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NEW 2011: If there are a large number of entries, we encourage the official to split the group into WCSSAA competing for the first 90 min. and D8 competing for the second 60 min. We hope this will alleviate athletes standing around. Please make sure athletes check with the official at the beginning of each event.

• Senior Boys are the only ones that use the 800g Javelin, 12 lb shot put and the 1.62 kg discus.

Wednesday

9:00 am Md. Girls Long Jump
 Sr. Girls High Jump
 Md. Boys Shot Put
 Md Boys Pole Vault
 Jr. Boys Discus
 Sr. Boys Javelin
 Sr. Boys Triple Jump

11:30 am Md. Girls Shot Put
 Jr. Girls Discus
 Sr. Girls Pole Vault
 Sr. Girls Javelin
 Md. Boys Long Jump
 Jr. Boys Triple Jump
 Sr. Boys High Jump

2:00 pm Md. Girls High Jump
 Jr. Girls Long Jump
 Sr. Girls Triple Jump
 Md. Boys Javelin
 Jr. Boys Shot Put
 Jr. Boys Pole Vault
 Sr. Boys Discus

Thursday

9:00 am Md. Girls Javelin
 Md & JrGirls Pole Vault
 Jr. Girls Shot Put
 AMB/WC Shot Put
 Jr. Girls Triple Jump
 Sr. Girls Discus
 Md. Boys High Jump
 Jr. Boys Long Jump

11:30 am Md. Girls Triple Jump
 Jr. Girls High Jump
 Sr. Girls Long Jump
 Md. Boys Discus
 Jr. Boys Javelin
 Sr. Boys Shot Put
 Sr. Boys Pole Vault

2:00 pm Md. Girls Discus
 Jr. Girls Javelin
 Sr. Girls Shot Put
 Md. Boys Triple Jump
 Jr. Boys High Jump
 Sr. Boys Long Jump

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