

WARRIOR TRACK AND FIELD TEAM 2022

MEET ENTRY INFORMATION FOR

Track Wars, Jacob Hespeler SS,
Cambridge

Friday, April 29th, 2012

ENTRIES DUE TO MR. DEWAN BY

Wednesday, April 20th, 2022

AT 9:00 A.M.

– YOU WILL NOT BE ENTERED IF YOUR ENTRIES ARE LATE!!!!

EVENTS OFFERED AT THIS MEET

Sprint Hurdles, 800 (in relay), 100, 1500, 300 (not hurdles), steeplechase, shot, javelin, discus, long jump, triple jump, pole vault

The schedule will be posted at www.warriorcross.ca

The bus will leave St. Michael at 7:00 a.m. and should return around 6 p.m

**IN ORDER TO REGISTER – GO TO
WWW.WARRIORCROSS.CA AND
CLICK ON THE SCHEDULE TAB – find
the meet entry form for the TRACK WARS
meet.**

Schedule of Track Events (2022)

Please Note: Girls run before boys for all races except the 100m timed finals which will run at the same time on both straights. Lynx photo timing will be used on both sides of the track for the 100m timed finals.

	Event	Age Classes Contested	Order
9:00 a.m.	Sprint hurdles	Novice/Junior/Senior	Girls/Boys
10:00 a.m.	4 x 800m	Novice/OPEN	Girls/ Boys
11:00 a.m.	100m	Novice/Junior/Senior	Girls on the back straight Boys on the front straight
12:30 a.m.	1500m	Novice/Junior/Senior	Girls/ Boys
1:45 p.m.	4 x 100 m	Novice/Junior/Senior	Girls/ Boys
3:00 p.m.	300m (not hurdles)	Novice/Junior/Senior	Girls/ Boys
4:00 p.m.	Steeplechase	Open Girls/Open Boys	Girls/ Boys

(Note that track events will run ahead of schedule if possible. Max of 30 minutes)

Schedule of Field Events

	Shot Put	Javelin	Discus	High Jump	Long Jump	Triple Jump
9:00	JG	NB	NG	JB	SG	SB
10:15	SG	SB	JB	NG	NB	JG
11:30	NB	NG	JG	SG	SB	JB
12:45	SB	JB	SG	NB	JG	NG
2:00	NG	JG	NB	SB	JB	SG
3:15	JB	SG	SB	JG	NG	NB
Pole Vault 9 am				Open Girls		
Pole Vault 12:00 Noon				Open Boys		

• Minimum increments would be 15 cm for girls, (starting height 1.40m), 20cm for boys. (1.80m starting height) ~Increments once set, would be consistent for the duration of the competition. Any athlete sitting for more than an hour will be granted 2 min on the run-way one-time, between height changes. This is subject to change slightly based on the number of competitors.