



SSSAA
Elementary Athletics - Catholic

Track and Field Meet Schedule 2024

Note: ALL EVENT TIMES ARE APPROXIMATE.
PLEASE INFORM STUDENTS AND PARENTS.

HEATS:

Once all the heats are completed, all times are compared and the best eight times in the 100, 200, 400 and 400-metre relay will be in the finals. In all other track events, times will determine the placings of competitors.

ADDITIONAL NOTES:

- Relays** - all legs of the relay will be run in the same lane. Competitors must not switch lanes. After the baton has been passed, runners must stay in their lane and not obstruct another team while they are passing the baton. If you have dropped the baton, you may pick it up without interfering with another runner and continue the race.
- Track events take precedence over field events.** When a competitor's track event is called, he/she should move quickly to that event and return as soon as possible. It is the responsibility of the competitor to inform the field official that he/she will be going to a track event and will be returning after it's completion.
- Find all your information, including **live results**, at -
<https://www.sssaa.com/catholic-elementary-track-field/>



TRACK EVENTS - DAY 1

9:15	100 metre dash	Grade 8 Girls	heats
9:25	100 metre dash	Grade 7 Girls	heats
9:35	OPENING EXERCISES		
9:45	100 metre dash	Junior Girls	heats
10:00	100 metre dash	Jr. Varsity Girls	finals
10:10	100 metre dash	Jr. Varsity Boys	finals
10:20	100 metre dash	Junior Boys	heats
10:25	100 metre dash	Grade 7 Boys	heats
10:30	100 metre dash	Grade 8 Boys	heats
10:35	800 metre run	Junior Girls	finals
10:50	800 metre run	Grade 7 Girls	finals
11:00	800 metre run	Grade 8 Girls	finals
11:10	800 metre run	Junior Boys	finals
11:25	800 metre run	Grade 7 Boys	finals
11:30	800 metre run	Grade 8 Boys	finals
11:50	200 metre dash	Junior Girls	heats
12:00	200 metre dash	Grade 7 Girls	heats
12:10	200 metre dash	Grade 8 Girls	heats
12:20	200 metre dash	Grade 8 Boys	heats
12:30	200 metre dash	Grade 7 Boys	heats
12:40	200 metre dash	Junior Boys	heats
12:50	150 metre dash	Jr. Varsity Girls	finals
12:55	150 metre dash	Jr. Varsity Boys	finals
1:05	300 metre run	Jr. Varsity Girls	finals
1:15	300 metre run	Jr. Varsity Boys	finals
1:25	400 metre run	Grade 7 Girls	heats
1:35	400 metre run	Grade 8 Girls	heats
1:45	400 metre run	Grade 7 Boys	heats
1:55	400 metre run	Grade 8 Boys	heats
2:05	400 metre run	Junior Girls	heats
2:15	400 metre run	Junior Boys	heats

TRACK EVENTS - DAY 2

9:15	1500 metre run	Grade 8 Girls	finals
9:25	1500 metre run	Grade 7 Girls	finals
9:35	OPENING EXERCISES		
9:40	400 metre relay	Junior Girls	heats
9:50	400 metre relay	Junior Boys	heats
10:00	1500 metre run	Grade 7 Boys	finals
10:10	1500 metre run	Grade 8 Boys	
10:20	1200 metre run	Junior Girls	
10:40	1200 metre run	Junior Boys	
10:55	100 metre dash	Grade 8 Girls	finals
11:00	100 metre dash	Grade 7 Girls	
11:05	100 metre dash	Junior Girls	
11:10	100 metre dash	Junior Boys	
11:15	100 metre dash	Grade 7 Boys	
11:20	100 metre dash	Grade 8 Boys	
11:30	100 metre dash	AAA	
11:35	100 metre dash	AAA	
11:50	200 metre dash	Grade 8 Girls	finals
11:55	200 metre dash	Grade 7 Girls	
12:00	200 metre dash	Junior Girls	
12:05	200 metre dash	Junior Boys	
12:10	200 metre dash	Grade 7 Boys	
12:15	200 metre dash	Grade 8 Boys	
12:25	400 metre run	Junior Girls	finals
12:30	400 metre run	Grade 7 Girls	
12:35	400 metre run	Grade 8 Girls	
12:45	400 metre run	Junior Boys	
12:50	400 metre run	Grade 7 Boys	
12:55	400 metre run	Grade 8 Boys	
1:05	400 metre relay	Junior Girls	finals
1:10	400 metre relay	Grade 7 Girls	
1:15	400 metre relay	Grade 8 Girls	
1:20	400 metre relay	Junior Boys	
1:30	400 metre relay	Grade 7 Boys	
1:35	400 metre relay	Grade 8 Boys	

FIELD EVENTS - DAY 1

9:45	Junior Long Jump	Boys	Girls
10:15	Junior Baseball Throw		Girls
10:35	Grade 7 High Jump	Boys	Girls
11:15	Jr. Varsity Standing Jump	Boys	Girls
11:35	Grade 8 High Jump	Boys	Girls
12:05	Grade 8 Long Jump	Boys	Girls
12:55	Grade 7 Long Jump	Boys	Girls

FIELD EVENTS - DAY 2

9:05	Grade 8 Triple Jump		Girls
9:30	Grade 8 Shot Put	Boys	
9:30	Jr. Varsity Long Jump	Boys	
9:50			Girls
10:00	Junior MVJ	Boys	Girls
10:15	Junior Baseball Throw	Boys	
10:25	Grade 7 Shot Put	Boys	
10:40	Junior Triple Jump	Boys	Girls
11:55	Grade 7 Triple Jump	Boys	Girls
12:00	Grade 8 Shot Put		Girls
12:45	Grade 8 Triple Jump	Boys	
12:45	Grade 7 Shot Put		Girls

*** AWARD PRESENTATIONS 1:50 - 2:20**