

**Grade 7 & 8  
Barb Cheop  
Track and Field Schedule  
June 8th, 2023**

9:45 Coach's Meeting

**Track Events**

10:00 4 x 400m finals girls  
 10:40 4 x 400m finals boys  
 11:20 100m girls and boys heats and finals  
 12:20 800m finals girls  
 1:00 800m finals boys  
 1:40 4 x 100 relay girls  
 2:20 4 x 100 relay boys

**Field Events**

	7 girls	7 boys	8 girls	8 boys
10:00	High Jump	Long Jump	Discus	Shot
11:00	Shot	High Jump	Long Jump	Discus
12:00	Discus	Shot	High Jump	Long Jump
1:00	Break	Break	Break	Break
1:30	Long Jump	Discus	Shot	High Jump

All Times are approximate.

1200m Run will take place on Wednesday May 31, 2023 @ 4:30