

SOUTH SIMCOE EAST PUBLIC SCHOOL MEET MONDAY JUNE 01, 2009

SCHEDULE OF EVENTS

The first events start at 9:00am. We hope to finish approximately 4:30pm.

All athletes will be issued a number that must be worn on the front of their shirt for all events.

We are only estimating the time it will take to complete each event so the schedule is subject to change. Please help us by ensuring that your athletes are aware of what events they are in and when they are. If the schedule changes during the day keep them informed. We will go a little ahead of schedule if at all possible.

TRACK EVENTS

GIRLS		BOYS
9:00	100m Heats	12:30
9:50	800m	1:20
10:25	200m	1:55
11:15	400m	2:45
12:00	100m Finals	3:30
4:00	Sprint Relays JG, IG, JB, IB Medley Relays JG, IG, JB, IB	4:00

FIELD EVENTS

GIRLS	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	BOYS
12:30	Ball Throw	Javelin & Discus	High Jump	Triple Jump	Long Jump	9:00
1:10	Long Jump	Ball Throw	Javelin & Discus	High Jump	Triple Jump	9:40
1:50	Triple Jump	Long Jump	Ball Throw	Javelin & Discus	High Jump	10:20
2:30	High Jump	Triple Jump	Long Jump	Shot Put	Javelin & Discus	11:00
3:10	Javelin & Discus	High Jump	Triple Jump	Long Jump	Shot Put	11:40

All discus events use 750gm discus. Javelin will use Turbojavs.