



Proud Sponsor

FINAL 2009 ANNUAL BC HIGH SCHOOL TRACK & FIELD CHAMPIONSHIPS

1	Heptathlon (Abbotsford)	Women	May 29-30
2	Decathlon	Men	May 29-30

Friday June 5, 2009	Saturday June 6, 2009
Scratch Meeting 8AM – Stands	Scratches done at the AGM 7-8AM Swangard
Numbers MUST be picked up 7-9AM	

ALL OF THE TRACK EVENTS MAY GO UP TO 30 MINUTES AHEAD OF SCHEDULE ON BOTH DAYS

FRIDAY JUNE 5/09		
TRACK		
80m Hurdles (2'6)	Gr8-9 Girls Heats	8:45
100m Hurdles (2'9)	Gr8-9 Boys Heats	9:05
100m Hurdles (2'9)	Womens Heats	9:15
110m Hurdles (3'3)	Mens Heats	9:35
3000m	Gr8-9 Girls Timed Final	10:00
3000m	Gr8-9 Boys Timed Final	10:20
3000m	Womens Final	10:40
3000m	Mens Final	11:00
4X100 Relay	Gr8-9 Girls Timed Final	11:20
4X100 Relay	Gr8-9 Boys Timed Final	11:35
4X100 Relay	Womens Heats	11:55
4X100 Relay	Mens Heats	12:10
1500 Racewalk	Womens Final	12:25
1500 Racewalk	Mens Final	12:40
100m	Gr8-9 Girls Heats	12:55
100m	Gr8-9 Boys Heats	1:15
100m	Womens Heats	1:35
100m	Mens Heats	1:50
400m	Gr8-9 Girls Heats	2:15
400m	Gr8-9 Boys Heats	2:35
400m	Womens Heats	2:50
400m	Mens Heats	3:05
1500m	Gr8-9 Girls Timed Final	3:25
1500m	Gr8-9 Boys Timed Final	3:45
1500m	Womens Heats	4:00
1500m	Mens Heats	4:10
200m	Gr8-9 Girls Heats	4:25
200m	Gr8-9 Boys Heats	4:40
200m	Womens Heats	4:50
200m	Mens Heats	5:05
400m Hurdles	Womens Heats	5:25
400m Hurdles	Mens Heats	5:45
800m	Womens Heats	6:00
800m	Mens Heats	6:15
4X400 Relay	Womens Heats	6:30
4X400 Relay	Mens Heats	6:50

SAT JUNE 6/09		
TRACK		
80m Hurdles	Gr8-9 Girls Final	9:15
100m Hurdles	Gr8-9 Boys Final	9:30
100m Hurdles	Womens Final	9:35
110m Hurdles	Mens Final	9:45
4X100 Relay	Womens Final	10:00
4X100 Relay	Mens Final	10:15
1500m	Womens Final	10:30
1500m	Mens Final	10:40
400m	Gr8-9 Girls Final	10:50
400m	Gr8-9 Boys Final	10:55
400m	Womens Final	11:00
400m	Mens Final	11:10
100m	Gr8-9 Girls Final	11:20
100m	Gr8-9 Boys Final	11:25
100m	Womens Final	11:35
100m	Mens Final	11:45
800m	Gr8-9 Girls Timed Final	11:55
800m	Gr8-9 Boys Timed Final	12:05
800m	Womens Final	12:15
800m	Mens Final	12:35
200m	Gr8-9 Girls Final	1:00
200m	Gr8-9 Boys Final	1:05
200m	Womens Final	1:15
200m	Mens Final	1:25
400m Hurdles	Womens Final	1:45
400m Hurdles	Mens Final	1:55
1500m Stplechase	Womens Final	2:15
2000m Stplechase	Mens Final (2)	2:30
4X400 Relay	Gr8-9 Girls Timed Final	2:55
4X400 Relay	Gr8-9 Boys Timed Final	3:10
4X400 Relay	Womens Final	3:25
4X400 Relay	Mens Final	3:35

FIELD		
FRIDAY		
Javelin	Womens Final	7:45
Triple Jump	Womens Final	9:00
Discus(1.613kg)	Mens Final	10:00
Pole Vault	Womens Final	10:00
Triple Jump	Mens Final	11:30
Pole Vault	Mens Final	1:00
Hammer (5.43kg) **	Mens Final	4PM
Hammer(4kg) **	Womens Final	6PM
** MINORU PARK		

FIELD		
SATURDAY		
Javelin (800g)	Mens Final	7:45
High Jump	Womens Final	8:30
Long Jump	Mens Final	8:30
Discus(1kg)	Womens Final	10:00
Shot Put(5:43kg)	Mens Final	10:00
Long Jump	Womens Final	11:00
High Jump	Mens Final	11:00
Shot Put(4kg)	Womens Final	12:00

GRADE 8-9 FIELD – contestants receive 3 attempts

FRIDAY

Shot Put (4kg)	Gr8-9 Girls Final	9AM
Shot Put (4kg)	Gr8-9 Boys Final	11AM
Long Jump	Gr8-9 Girls Final	1:45PM
Long Jump	Gr8-9 Boys Final	3:45PM
High Jump	Gr8-9 Girls Final	9AM
High Jump	Gr8-9 Boys Final	11AM

SATURDAY

Discus (1kg)	Gr8-9 Girls Final	11:30
Discus (1kg)	Gr8-9 Boys Final	1PM

Revised May15, 2009