

# National Capital High School Track & Field Classic

Thursday, May 8<sup>th</sup>, 2008

Terry Fox Athletic Facility, Mooney's Bay Park, Ottawa

- Notes:
- \* Order of Track Event Competition: MG, MB, JG, JB, SG, SB
  - \* Final Event Schedule & Start Lists will posted Tuesday, May 6<sup>th</sup> by 12:00 pm [www.ottawalions.com](http://www.ottawalions.com) and revisions and coaches corrections will be posted on an ongoing basis.

## Track Events:

(we will run ahead of schedule when possible)

11:30 1500m Steeplechase - Open Girls  
11:40 1500m Steeplechase - Open Boys  
11:50 4 x 100m Relays  
12:30 400m - MG / MB - no Blocks \*4pt.start  
12:45 400m - JG / JB - no Blocks \*4 pt. start  
1:00 400m - SG / SB (Blocks Allowed)  
1:20 1500m - MG / MB  
1:40 1500m - JG / JB  
1:55 1500m - SG / SB  
2:15 80m Hurdles - MG / JG  
2:30 100m Hurdles - SG / MB / JB  
2:50 110m Hurdles - SB  
3:00 100m - BOYS - **GRAND STAND SIDE** -  
3:00 MB / 3:20 JB / 3:40 SB

3:00 100m - GIRLS - **NORTH SIDE**  
3:00 MG / 3:20 JG / 3:40 SG  
4:00 800m - MG / MB  
4:15 800m - JG / JB  
4:25 800m - SG / SB  
4:40 200m - MG / MB (no Blocks \*4 pt.start  
4:55 200m - JG / JB (no Blocks \*4 pt.start  
5:10 200m - SG / SB (Blocks Allowed)  
5:35 3000 meters Open Girls  
5:50 300m Hurdles - MG, JG, MB, JB  
6:10 400m Hurdles - SG, SB  
6:25 3000 meters Open Boys (2 sections)  
6:45 4 x 400m Relay - Open Girls  
4 x 400m Relay - Open Boys

All Results @  
[www.ottawalions.com](http://www.ottawalions.com)

## Field Events:

11:30 High Jump - All Girls (open 1.20)  
High Jump - All Boys (open 1.40)  
Results will be separated by Age Group  
for awards  
11:30 Javelin - Sr. Boys - 3 throws  
Discus - Jr. Boys - 3 throws  
Shot Put - Midget Girls - 3 throws  
followed by Junior Girls - 3 throws  
11:30 Long Jump - Midget Girls - 3 jumps  
Long Jump - Junior Girls - 3 jumps  
12:30 Javelin - Junior Girls - 3 throws  
Discus - Midget Girls - 3 throws  
Shot Put - Junior Boys - 4 throws  
12:45 Long Jump - Senior Girls - 3 jumps  
1:30 Long Jump - Midget Boys - 3 jumps  
Long Jump - Junior Boys - 3 jumps  
2:00 Javelin - Senior Girls - 3 throws  
Discus - Senior Boys - 3 throws  
Shot Put - Midget Boys - 4 throws  
2:30 Long Jump - Senior Boys - 3 jumps  
3:30 Javelin - Midget Girls - 3 throws  
Discus - Midget Boys - 3 throws  
Shot Put - Senior Girls - 4 throws  
3:30 Triple Jump - Midget Girls - 3 jumps  
Triple Jump - Midget Boys - 3 jumps  
4:15 Triple Jump - Junior Girls - 3 jumps  
Triple Jump - Junior Boys - 3 jumps  
4:30 Javelin - Midget & Junior Boys - 3 throws  
Discus - Junior & Senior Girls - 3 throws  
Shot Put - Senior Boys - 4 throws  
5:00 Triple Jump - Senior Girls - 3 jumps  
Triple Jump - Senior Boys - 3 jumps