

2019 VSSAA Track & Field League Meets @ Pt Grey

- 1) These League Meets run on a rolling schedule (i.e. events run immediately after the previous event)
- 2) Times listed for track events are 'earliest possible start times' to give athletes an idea of when to arrive by (i.e. the event won't start before this time)
The actual start time for a later event, could be much later than the listed time
- 3) Sign-up for track events is 15 minutes before the event

League Meet #1		
Wed Apr 8 (Day 2)		
Track Rolling Schedule		
3:45 PM	Gr8 Girls	1500m
	Gr8 Boys	
4:00 PM	Jr Girls	1500m
	Jr Boys	
4:15 PM	Sr Girls	1500m
	Sr Boys	
4:30 PM	Gr8 Girls	400m
	Gr8 Boys	
5:05 PM	Jr Girls	400m
	Jr Boys	
5:40 PM	Sr Girls	400m
	Sr Boys	
Field Schedule		
Sign-up for all events is at 3:30pm		
3:30 PM	Girls Javelin north (Jr)	
	Girls Javelin south (Gr8, Sr)	
3:45 PM	Girls Discus (Gr8, Jr, Sr)	
	Boys Shot Put (Gr8, Jr, Sr)	
	Boys High Jump (Gr8, Jr, Sr)	
	Long Jump (Gr8, Jr, Sr)	

League Meet #2		
Wed Apr 15 (Day 1)		
Track Rolling Schedule		
3:45 PM	Gr8 Girls	200m
	Gr8 Boys	
4:15 PM	Jr Girls	200m
	Jr Boys	
4:45 PM	Sr Girls	200m
	Sr Boys	
5:15 PM	Gr8 Girls	4x400m
	Gr8 Boys	
5:30 PM	Jr Girls	4x400m
	Jr Boys	
5:45 PM	Sr Girls	4x400m
	Sr Boys	
Field Schedule		
Sign-up for all events is at 3:30pm		
3:30 PM	Boys Javelin north (Jr)	
	Boys Javelin south (Gr8, Sr)	
3:45 PM	Boys Discus (Gr8, Jr, Sr)	
	Girls Shot Put (Gr8, Jr, Sr)	
	Girls High Jump (Gr8, Jr, Sr)	
	Triple Jump (Gr8, Jr, Sr)	

League Meet #3		
Tue Apr 21 (Day 1)		
Track Rolling Schedule		
3:45 PM	Sr Boys	400mH 36"ht
	Sr Girls	400mH 30"ht
4:00 PM	Jr Boys	300mH 33"ht 7 hurdles
	Jr Girls	300mH 30"ht 7 hurdles
4:15 PM	Gr8 Boys	200mH 30"ht 5 hurdles
	Gr8 Girls	200mH 30"ht 5 hurdles
4:30 PM	Gr8/Jr Girls	3000m
	Gr8/Jr Boys	
5:05 PM	Sr Girls	3000m
	Sr Boys	
5:40 PM	Gr8 Girls	4x100m
	Gr8 Boys	
5:55 PM	Jr Girls	4x100m
	Jr Boys	
6:10 PM	Sr Girls	4x100m
	Sr Boys	
6:25 PM	Girls	1500mRW
	Boys	
Field Schedule		
Sign-up for all events is at 3:30pm		
3:30 PM	Girls Javelin north (Jr)	
	Girls Javelin south (Gr8, Sr)	
3:45 PM	Girls Discus (Gr8, Jr, Sr)	
	Boys Shot Put (Gr8, Jr, Sr)	
	Boys High Jump (Gr8, Jr, Sr)	
	Long Jump (Gr8, Jr, Sr)	

League Meet #4		
Tue Apr 28 (Day 2)		
Track Rolling Schedule		
3:45 PM	Sr Boys	110mH 36"ht
	Jr Boys	100mH 36"ht
4:00 PM	Sr Girls	100mH 33"ht
	Gr8 Boys	100mH 33"ht
4:15 PM	Jr Girls	80mH 30"ht 8 hurdles
	Gr8 Girls	80mH 30"ht 8 hurdles
4:30 PM	Gr8 Girls	800m
	Gr8 Boys	
4:45 PM	Jr Girls	800m
	Jr Boys	
5:05 PM	Sr Girls	100m on finish straight
	Sr Boys	
5:25 PM	Jr Girls	100m on finish straight
	Jr Boys	
5:55 PM	Sr Girls	100m on back straight
	Sr Boys	
5:25 PM	Gr8 Girls	100m on back straight
	Gr8 Boys	
Field Schedule		
Sign-up for all events is at 3:30pm		
3:30 PM	Boys Javelin north (Jr)	
	Boys Javelin south (Gr8, Sr)	
3:45 PM	Boys Discus (Gr8, Jr, Sr)	
	Girls Shot Put (Gr8, Jr, Sr)	
	Girls High Jump (Gr8, Jr, Sr)	
	Triple Jump (Gr8, Jr, Sr)	

* Make-up date for a rained out meet is Thu April 30 (Day 2)

Last Updated: Feb 15, 2020