

# TRACK AND FIELD MEET

## *Holy Trinity Catholic High School*

(No scheduled times for events this year, just the order of events)

GENERAL ASSEMBLY AND MEET INSTRUCTIONS (Coaches Meet Athletic Committee upon arrival)								
Track Events	100 M	200 M	400m	800 M	Field Events	LONG JUMP	TRIPLE JUMP	SHOT PUT/ BALL THROW
9:45am (start)	NORFOLK JR Heats (Girls/Boys)				10:15 (start)	INT BOYS (Boys Pit)	SR GIRLS	SR BOYS (Shot Put)
(2)	NORFOLK INT Heats (Girls/Boys)							
(3)	NORFOLK SR Heats (Girls/Boys)				(2)	INT GIRLS (Girls Pit)	JR GIRLS	SR GIRLS (Shot Put)
(4)	HALDIMAND JR/INT/SR Heats (Girls/Boys)							
(5)				SR GIRLS SR BOYS Timed Finals	(3)	SR BOYS (Boys Pit)	INT BOYS	JR BOYS (Ball Throw)
(6)				INT GIRLS INT BOYS Timed Finals				
(7)		JR GIRLS/BOYS Heats			(4)	SR GIRLS (Girls Pit)	INT GIRLS	JR GIRLS (Ball Throw)
(8)		INT GIRLS/BOYS Heats						
(9)		SR GIRLS/BOYS Heats			(5)	JR BOYS (Boys Pit)	SR BOYS	INT GIRLS (Shot Put)
(10)			JR GIRLS/BOYS Timed Finals					
(11)			INT GIRLS/BOYS Timed Finals		(6)	JR GIRLS (Girls Pit)	JR BOYS	INT BOYS (Shot Put)
(12)			SR GIRLS/BOYS Timed Finals					
(13)		JR/INT/SR FINAL Top 6 Times						
(14)	JR/INT/SR FINALS Top 6 Times							
(15)	School Team Relays (4 x 100m) Time Permitting							
(16)	AWARDS ASSEMBLY-INDIVIDUAL AND TEAM PRESENTATIONS							
(17)	DISMISSAL AND BUS DEPARTURE							
2:00pm								