

**ASAA**  
**2009 High School Provincial**  
**Track and Field**

Time	Junior Boys	Junior Girls	Int. Boys	Int. Girls	Senior Boys	Senior Girls
9:00	3000/Pole Vault			High Jump		
9:20	Long Jump	3000M				
9:40		Triple Jump	3000M			
10:00			Shotput	3000M	Javelin	
10:20					3000M	
10:30						Discus
10:35						3000M
11:00	200/Heats					
11:10		200/Heats				
11:20			200/Heats			Long Jump
11:30			Pole Vault	200/Heats	Triple Jump	
11:40			High Jump		200/Heats	
11:50						200/Heats
12:00		Shot/80 M Hur. Hts.		Javelin		
12:10				80 M Hurdle Hts.		
12:20						80M Hurdle Hts.
12:30	Disc/100 M Hur. Hts.					
12:40			100M Hurdle Hts.			
12:50					100m Hurdle Hts.	
1:00	*****	LUNCH	BREAK	*****	*****	*****
1:50	800M					
2:00		800M				
2:10			800M			
2:20				800M/Long Jump		High Jump
2:30	Triple Jump				800M	
2:40						800M
2:50		Javelin			100M H.Fin./P Vault	
3:00			100M Hurdle Final		Shotput	
3:05	100M Hurdle Final					
3:10			Discus			80M Hurdle Final
3:15				80 M Hurdle Final		
3:20		80 M Hurdle Final				
4:00	200M Final					
4:05		200M Final				
4:10			200M Final			
4:15				200M Final		
4:20					200M Final	
4:25						200M Final
4:45	4x100 Heats					
4:55		4x100 Heats				
5:05			4x100 Heats			
5:15				4x100 Heats		
5:25					4x100 Heats	
5:35						4x100 Heats
5:45	4x400 Open		4x400 Open		4x400 Open	
6:00		4x400 Open		4x400 Open		4x400 Open

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Time	Junior Boys	Junior Girls	Int. Boys	Int. Girls	Senior Boys	Senior Girls
9:00	400/Heats	L Jump/P Vault			High Jump	
9:10		400/Heats				
9:20			400/Heats	Discus		
9:30			Triple Jump	400/Heats		
9:40					400/Heats	
9:50	Shotput					400/Heats
10:00	100/Heats		Javelin			
10:10		100/Heats				
10:20			100/Heats			
10:30				100/Heats		
10:40					100/Heats	
10:50						100/Heats
11:00	High Jump/1500			Pole Vault		
11:10		1500				
11:20			1500	Triple Jump	Long Jump	
11:30				1500	Discus	
11:40					1500	
11:50						1500
12:00	Javelin					Shotput
	*****	LUNCH	BREAK	*****	*****	*****
1:00	100 Final	High Jump				
1:03		100 Final				Pole Vault
1:06			100 Final			
1:09				100 Final		
1:12					100 Final	
1:15						100 Final
1:30		Discus	Long Jump			Triple Jump
1:45				Shotput		Javelin
2:00	400 Final					
2:03		400 Final				
2:06			400 Final			
2:09				400 Final		
2:12					400 Final	
2:15						400 Final
2:30	4x100 Final					
2:35		4x100 Final				
2:40			4x100 Final			
2:45				4x100 Final		
2:50					4x100 Final	
2:55						4x100 Final