

**NORTH VANCOUVER ELEMENTARY  
TRACK and FIELD MEET  
Swangard Stadium**

**ORDER OF EVENTS  
TRACK**

| <b>TIME</b>                          | <b>NUMBER</b> | <b>EVENT</b>   |            |
|--------------------------------------|---------------|----------------|------------|
| 9:15                                 | 1             | 7G 1500M       |            |
|                                      | 2             | 7B 1500M       |            |
|                                      | 3             | 6G 1500M       |            |
|                                      | 4             | 6B 1500M       |            |
|                                      | 5             | 5G 4x100 C     |            |
|                                      | 6             | 5G 4x100 B     |            |
|                                      | 7             | 5G 4x100 A     |            |
|                                      | 8             | 5B 4x100 C     |            |
|                                      | 9             | 5B 4x100 B     |            |
|                                      | 10            | 5B 4x100 A     |            |
|                                      | 11            | 7G 4x100 C     |            |
|                                      | 12            | 7G 4x100 B     |            |
|                                      | 13            | 7G 4x100 A     |            |
|                                      | 10:45         | 14             | 7B 4x100 C |
|                                      |               | 15             | 7B 4x100 B |
|                                      |               | 16             | 7B 4x100 A |
|                                      |               | 17             | 6G 4x100 C |
|                                      |               | 18             | 6G 4x100 B |
|                                      |               | 19             | 6G 4x100 A |
| 20                                   |               | 6B 4x100 C     |            |
| 21                                   |               | 6B 4x100 B     |            |
| 22                                   |               | 6B 4x100 A     |            |
| <b>11:00 Physical Literacy Relay</b> |               |                |            |
| 11:45                                | 23            | 4G 4x100 C     |            |
|                                      | 24            | 4G 4x100 B     |            |
|                                      | 25            | 4G 4x100 A     |            |
|                                      | 26            | 4B 4x100 C     |            |
|                                      | 27            | 4B 4x100 B     |            |
|                                      | 28            | 4B 4x100 A     |            |
|                                      | 29            | 7B Coed Medley |            |
|                                      | 30            | 7A Coed Medley |            |
|                                      | 31            | 6B Coed Medley |            |
|                                      | 32            | 6A Coed Medley |            |
|                                      | 33            | 5B Coed Medley |            |
|                                      | 34            | 5A Coed Medley |            |
|                                      | 35            | 4B Coed Medley |            |
|                                      | 36            | 4A Coed Medley |            |
|                                      | 37            | 7G 800M        |            |
|                                      | 38            | 7B 800M        |            |
|                                      | 39            | 6G 800M        |            |
|                                      | 40            | 6B 800M        |            |
|                                      | 41            | 5G 800M        |            |
|                                      | 42            | 5B 800M        |            |
|                                      | 43            | 4G 800M        |            |
|                                      | 12:45         | 44             | 4B 800M    |
|                                      |               | 45             | 7G 100 C   |
|                                      |               | 46             | 7G 100 B   |
|                                      |               | 47             | 7G 100 A   |

|      |          |          |
|------|----------|----------|
| 48   | 7B 100 C |          |
| 49   | 7B 100 B |          |
| 50   | 7B 100 A |          |
| 51   | 6G 100 C |          |
| 52   | 6G 100 B |          |
| 53   | 6G 100 A |          |
| 54   | 6B 100 C |          |
| 55   | 6B 100 B |          |
| 56   | 6B 100 A |          |
| 1:30 | 57       | 5G 100 C |
|      | 58       | 5G 100 B |
|      | 59       | 5G 100 A |
|      | 60       | 5B 100 C |
|      | 61       | 5B 100 B |
|      | 62       | 5B 100 A |
|      | 63       | 4G 100 C |
|      | 64       | 4G 100 B |
|      | 65       | 4G 100 A |
|      | 66       | 4B 100 C |
| 1:45 | 67       | 4B 100 B |
|      | 68       | 4B 100 A |
|      | 69       | 7G 400 B |
|      | 70       | 7G 400 A |
|      | 71       | 7B 400 B |
|      | 72       | 7B 400 A |
|      | 73       | 6G 400 B |
|      | 74       | 6G 400 A |
|      | 75       | 6B 400 B |
|      | 76       | 6B 400 A |
| 2:45 | 77       | 5G 400 B |
|      | 78       | 5G 400 A |
|      | 79       | 5B 400 B |
|      | 80       | 5B 400 A |
|      | 81       | 4G 400 B |
|      | 82       | 4G 400 A |
|      | 83       | 4B 400 B |
|      | 84       | 4B 400 A |
|      | 85       | 7G 200 B |
|      | 86       | 7G 200 A |
| 87   | 7B 200 B |          |
| 88   | 7B 200 A |          |
| 89   | 6G 200 B |          |
| 90   | 6G 200 A |          |
| 91   | 6B 200 B |          |
| 92   | 6B 200 A |          |
| 93   | 5G 200 B |          |
| 94   | 5G 200 A |          |
| 95   | 5B 200 B |          |
| 96   | 5B 200 A |          |
| 97   | 4G 200 B |          |
| 98   | 4G 200 A |          |
| 99   | 4B 200 B |          |
| 100  | 4B 200 A |          |

**\*PLEASE NOTE THAT ALL TIMES ARE APPROXIMATE.  
THESE TIMES ARE MEANT AS A GUIDELINE ONLY!**

**\*\* No lunch break for Track**

**ORDER OF EVENTS****FIELD**

| <u>TIME</u> | <u>LEVEL</u> | <u>LOCATION</u> |
|-------------|--------------|-----------------|
|-------------|--------------|-----------------|

**HIGH JUMP (PITS 1, 2, & 3)**

|       |    |       |
|-------|----|-------|
| 9:15  | 6G | Pit 1 |
| 11:30 | 5G | Pit 1 |
| 1:45  | 7G | Pit 1 |
| 9:15  | 6B | Pit 2 |
| 11:30 | 5B | Pit 2 |
| 1:45  | 7B | Pit 2 |
| 9:15  | 4G | Pit 3 |
| 11:30 | 4B | Pit 3 |

**LONG JUMP (1 Pit)**

|       |    |       |
|-------|----|-------|
| 9:15  | 5B | Pit 1 |
| 10:00 | 7G | Pit 1 |
| 10:45 | 5G | Pit 1 |
| 11:30 | 6G | Pit 1 |
| 12:15 | 7B | Pit 1 |
| 1:00  | 4G | Pit 1 |
| 1:45  | 4B | Pit 1 |
| 2:15  | 6B | Pit 1 |

**TRIPLE JUMP (1 Pit)**

|       |    |       |
|-------|----|-------|
| 9:15  | 4B | Pit 2 |
| 10:00 | 7B | Pit 2 |
| 10:45 | 5B | Pit 2 |
| 11:30 | 6B | Pit 2 |
| 12:15 | 7G | Pit 2 |
| 1:00  | 6G | Pit 2 |
| 1:45  | 5G | Pit 2 |
| 2:15  | 4G | Pit 2 |

**SHOT PUT (1 AREA)**

|       |    |
|-------|----|
| 9:15  | 5G |
| 10:00 | 4B |
| 10:45 | 7B |
| 11:30 | 7G |
| 12:15 | 4G |
| 1:00  | 6B |
| 1:45  | 5B |
| 2:15  | 6G |

**\*\* No lunch break for Field**