



### TRACK ATTACK #4

#### Schedule

Monday, March 19, 2007

Max Bell Stadium

Please note that we need to begin the meet exactly at noon – please arrive in sufficient time.

#### INFIELD

12:00	14 Girls	60m Hurdles
	13 Girls	60m Hurdles
	12 Girls	60m Hurdles
	14 Girls	60mh Final
	13 Girls	60mh Final
	12 Girls	60mh Final
	12 Boys	60m Hurdles
	13 Boys	60m Hurdles
	14 Boys	60m Hurdles
	12 Boys	60mh Final
	13 Boys	60mh Final
	14 Boys	60mh Final

#### OVAL

12:00	12 Boys	4x100m relay
	13 Boys	4x100m relay
	14 Boys	4x100m relay
	14 Girls	4x100m relay
	13 Girls	4x100m relay
	12 Girls	4x100m relay
	12 Boys	200m
	13 Boys	200m
	14 Boys	200m
	12 Girls	200m
	13 Girls	200m
	14 Girls	200m
	12 Boys	800m
	13 Boys	800m
	14 Boys	800m
	12 Girls	800
	13 Girls	800m
	14 Girls	800m

\* Start to first hurdle 12m; 7.5 m between hurdles  
Hurdle Height: 30" for all except for  
14 year old boys (33")

#### OUTSIDE PIT

12:00	12 Girls	TJ
	13 Girls	TJ
	14 Girls	TJ

#### INFIELD PIT

12:00	14 Boys	TJ
	13 Boys	TJ
	12 Boys	TJ

High Jump #1- following 60m - See note below regarding starting heights.

- 12 Boys
- 13 Boys
- 14 Boys

High Jump #2

- 14 Girls
- 13 Girls
- 12 Girls

#### NOTES

- Top 8 times will advance to the hurdle finals.
- **Athletes competing in high jump must be able to clear the starting height on first attempt. Only 2 attempts per height in High Jump – bar will be raised 5cm until top 5 athletes are determined then it will be raised at 2cm intervals.**

#### Starting Heights:

Grade 7 Girls – 1.05m	Grade 8 Girls – 1.15m	Grade 9 Girls – 1.20m
Grade 7 Boys – 1.15m	Grade 8 Boys – 1.20m	Grade 9 Boys – 1.25m

- There will be only 2 attempts per athlete in Triple Jump.