

## “Royal Rumble on the Rubber” Event Schedule Thursday, May 20, 2010

The order of events will be: **junior girls, senior girls, junior boys, senior boys**. Some categories may be grouped together depending on numbers and time. Results will then be separated into each age classification at the completion of the race. **Please note:** In order to speed up the meet, **all races** (including the 100m!) will be run as **timed finals**. We'll try to seed accordingly at the marshalling area.

### Order of Track Events

|                 |                            |                                |
|-----------------|----------------------------|--------------------------------|
| <b>10:00 am</b> | <b>100 m Hurdles</b>       | <b>Junior and Senior Boys</b>  |
|                 | <b>1500 m</b>              | <b>Junior and Senior Girls</b> |
|                 | <b>80 m Hurdles</b>        | <b>Junior and Senior Girls</b> |
|                 | <b>1500 m</b>              | <b>Junior and Senior Boys</b>  |
|                 | <b>100 m</b>               | <b>All Categories</b>          |
|                 | <b>400 m</b>               | <b>All Categories</b>          |
|                 | <b>3000 m</b>              | <b>All Girls then All Boys</b> |
|                 | <b>200 m - Timed Final</b> | <b>All Categories</b>          |
|                 | <b>800 m</b>               | <b>All Categories</b>          |
|                 | <b>4 x 100 m Relay</b>     | <b>All Categories</b>          |

### Field Event Schedule

- Three trials at each event. **New this year:** For the throws, the first two attempts will be done “back to back”, with the longest attempt measured. The third throw will be taken in rotation and will be measured as well.
- It is the responsibility of the athletes to complete their three attempts within the allotted time.
- In the event of a conflict between a track event and a field event, the athlete **must report to the track event** and then return **promptly** to the field event.
- Depending on participant numbers, field events may run ahead of schedule. Listen to announcer for updates during the meet.

| Category     | 10:00 am        | 11:30 pm              | 1:00 pm               | 2:30 pm         | 4:00 pm               | 5:30 pm               |
|--------------|-----------------|-----------------------|-----------------------|-----------------|-----------------------|-----------------------|
| Junior Girls | H J & Shot      | Discus                | LJ (both pits)        | Javelin (south) | T J                   | -----                 |
| Senior Girls | -----           | L J (both pits)       | Discus                | H J & Shot      | -----                 | T J & Javelin         |
| Junior Boys  | Discus          | -----                 | H J & Shot (Flight 1) | L J (both pits) | Javelin (south)       | T J & Shot (Flight 2) |
| Senior Boys  | L J (both pits) | H J & Shot (Flight 1) | Javelin (south)       | Discus          | T J & Shot (Flight 2) | -----                 |

**Tetrathlon / Multiple Event:** No special heats will be run but coaches can indicate an athlete's intention to compete in the "quad" (100 m, 800 m, LJ, & Shot) by marking a large "Q" (for "Quad") by the athlete's name on the event tags. The points will be tabulated at the scorer's table and final standings in each category will be announced at the end of the meet. (Please only include athletes who intend to complete all four events.)

**Awards:** Ribbons will be awarded for the **top 5** performances in each age category!

**\*\*\* Athletes!** Create a record of your performance for future years by using one of our free stickers to record your event, time and distance! Available when you pick up your ribbon at the results table. Stick it on the back of your ribbon and, **voila!**, instant memories!

**Questions? Contact Scott Gurney: (204) 482-6926 ext. 3233 or [sgurney@lssd.ca](mailto:sgurney@lssd.ca)**

