

“Royal Rumble on the Rubber” Event Schedule Wednesday, May 15, 2013

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

10:15 am	100 m Hurdles 1500 m 80 m Hurdles 1500 m 100 m 400 m 3000 m 200 m - Timed Final 800 m 4 x 100 m Relay	Junior and Senior Boys Junior and Senior Girls Junior and Senior Girls Junior and Senior Boys All Categories All Categories All Girls then All Boys All Categories All Categories All Categories
-----------------	--	---

Field Event Schedule

- Three trials at each event. **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	10:15 am	11:45pm	1:15 pm	2:45 pm	4:15 pm	5:45 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	L J (both pits)	Javelin (south)	T J
Senior Boys	L J (both pits)	H J & Shot	Javelin (south)	Discus	T J	-----

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

