



ROYAL RUMBLE

ON THE RUBBER

WEDNESDAY, MAY 18, 2016

www.lsrcss.ca/royalrumble

TRACK EVENTS

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.

10:15 am	1500 m	Junior and Senior Girls
	100 m Hurdles	Junior and Senior Boys
	1500 m	Junior and Senior Boys
	80 m Hurdles	Junior and Senior Girls
	400 m	} JG → SG → JB → SB
	100 m	
	800 m	
	4 x 100 m Relay	

FIELD EVENTS

- **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 (2)	Discus	LJ (both pits)	Javelin (south)	T J	-----
Senior Girls	-----	LJ (both pits)	Discus	H J & Shot (2)	-----	T J & Javelin
Junior Boys	Discus	-----	H J & Shot (2)	LJ (both pits)	Javelin (south)	T J
Senior Boys	LJ (both pits)	H J & Shot (2)	Javelin (south)	Discus	T J	-----

Tetrathlon / Multiple event

We'll try to group the multi-event athletes together in heats, if it's possible. However, coaches need to 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 posted on the website.

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, *voilà!*, instant memories!

Questions?

Website www.lsrcss.ca/royalrumble

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