

WECSSAA ALL COMER TRACK MEETS 2023

Meet # 3

Date: May 4, 2023 Start: 3:30 pm

Location: Riverside Secondary School

Track Events

	Event	Simultaneous
3:30	Sprint Hurdles	1500m
4:45	400m	
6:00	4 x 100m Relay	

Field Events

	Event	Officials
3:30	SG Discus	<u>Please bring tape measure</u> Riverside/Sandwich
	SB Long Jump	Tecumseh Vista/North Star
	SG Long Jump	Lajeunesse/Villanova
	JB Triple Jump	Leamington
	JG Triple Jump	Maranatha/Lajeunesse
	NB Shot Put	Sandwich
	NG Shot Put	L'Essor
4:45	NG Discus	Riverside/Sandwich
	NB Long Jump	Tecumseh Vista/North Star
	NG Long Jump	Lajeunesse/Villanova
	SB Triple Jump	Leamington
	SG Triple Jump	Maranatha/Lajeunesse
	JB Shot Put	Sandwich
	JG Shot Put	L'Essor
6:00	JG Discus	Riverside/Sandwich
	JB Long Jump	Tecumseh Vista/North Star
	JG Long Jump	Lajeunesse/Villanova
	NB Triple Jump	Leamington
	NG Triple Jump	Maranatha/Lajeunesse
	SB Shot Put	Sandwich
	SG Shot Put	L'Essor

EVENTS WILL RUN EARLY WHEN POSSIBLE

FIELD EVENTS WILL HAVE 3 ROUNDS ONLY

- Please bring 2-3 adults and 3-4 volunteer helpers for rakes/tape measures

FIELD EVENTS WILL MOVE QUICKLY

OFFICIALS