

# **WECSSAA ALL COMER TRACK MEETS 2023**

## **Meet # 3**

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

Location: Riverside Secondary School

Track Events			Field Events		
	Event	Simultaneous		Event	Officials
3:30	Sprint Hurdles	1500m	3:30	SG Discus	<b>Please bring tape measure</b> 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	400m		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	4 x 100m Relay		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**

**OFFICIALS**

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

**FIELD EVENTS WILL MOVE QUICKLY**