



South Fraser Secondary Schools Track & Field Championships

North Delta Athletic Park

May 14th and 15th, 2024

May 14, 2024 *coaches' meeting 11:45

***AWE- Athletes with Exceptionalities**

Track events	Time	Division
Sprint Hurdles	12:00	SB/JB/SG/8B/JG/8G (based on heights)
100m AWE	1:00	AWE
400m (timed final)	1:15	SrG/SrB/JrG/JrB/8G/8B/ AWE
1500m	2:00	SrG/SrB/JrG/JrB/8G/8B
100m (Timed Final)	3:00	SrG/SrB/JrG/JrB/8G/8B
4x400m	3:30	SrG/SrB/JrG/JrB/8G/8B
1500mRW	4:45	SrG/SrB/JrG/JrB

Field Events	Pit 1	Div	Pit 2	Div
12:00	*Hammer	SrB/JrB		
	HJ	SrB		
	Triplejump	JrG	Triplejump	JrB
	Shot put	SrG	Shot put	AWE
	Javelin	8B		
1:00	*Hammer	SrG/JrG		
1:30	TripleJump	SrG	TripleJump	SrB
	Shot put	8G	Shot put	JrB
	Javelin	SrB	Discus	8B
	HJ	JrB		

3:00	TripleJump	8G	TripleJump	8B
	Shot put	JrG	Shot put	SrB
	Javelin	JrB	Discus	8G
	HJ	8B		
4:00	Shot put	8B	Discus	SrB

Pole Vault 6:30 pm @ Mercer Stadium, New Westminster

May 15, 2024

Track Events	Time	Division *
Steeplechase	12:00	SrG/SrB/JrG/JrB
200m Timed Final	1:00	SrG/SrB/JrG/JrB/8G/8B
800m	1:45	SG/SB/JrG/JrB/8G/8B
Distance Hurdles	2:45	SrB/SrG/JrG/JrB/Gr8G/Gr8B
3000m	3:30	SrG/SrB/JrG/JrB/8G/8B
4x100m	4:45	SrG/SrB/JrG/JrB/8G/8B

Field Events	Pit 1	Div	Pit 2	Div
12:00pm	Long Jump	8G	LongJump	8B
	Javelin	JrG		
	Discus	JrB		
	High Jump	SrG		
1:30pm	Long Jump	JrG	Long Jump	JrB
	Javelin	SrG		
	Discus	JrG		
	High Jump	8G		
3:00pm	Long Jump	SrG	Long Jump	SrB

	Javelin	8G		
	Discus	SrG		
	High Jump	JrG		