

# 2018 LSAA Ward Track Meet

Start	Girls					Boys				
	Tyro Girls	Novice Girls	Junior Girls	Int. Girls	Senior Girls	Tyro Boys	Novice Boys	Junior Boys	Int. Boys	Senior Boys
9:30	Hurdles	Hurdles	Hurdles							
9:40				Hurdles		Hurdles				
9:50							Hurdles	Hurdles	Hurdles	
10:00					Hurdles					Hurdles
10:00	Long Jump #1	High Jump #1	Discus #1	Triple Jump #1	Shot Put #1	Long Jump #2	High Jump #2	Discus #2	Triple Jump #2	Shot Put #2
10:10	100m Heats									
10:20		100m Heats	100m Heats							
10:30				100m Heats	100m Heats					
10:40						100m Heats	100m Heats			
10:50								100m Heats	100m Heats	100m Heats
11:00	PARA 100m					PARA 100m				
11:00	High Jump #1	Discus #1	Triple Jump #1	Shot Put #1	Long Jump #1	High Jump #2	Discus #2	Triple Jump #2	Shot Put #2	Long Jump #2
11:15	1500m									
11:25		1500m	1500m							
11:35				1500m						
11:45					1500m	1500m				
11:55							1500m			
12:05								1500m	1500m	
12:15										1500m
12:15	Discus #1	Triple Jump #1	Shot Put #1	Long Jump #1	High Jump #1	Discus #2	Triple Jump #2	Shot Put #2	Long Jump #2	High Jump #2
12:20	PARA 200m					PARA 200m				
12:30	200m	200m								
12:40			200m	200m						
12:50					200m	200m				
1:00							200m	200m		
1:10									200m	200m
1:15	Triple Jump #1	Shot Put #1	Long Jump #1	High Jump #1	Discus #1	Triple Jump #2	Shot Put #2	Long Jump #2	High Jump #2	Discus #2
1:15	800m	800m								
1:25			800m	800m						
1:35					800m	800m				
1:45							800m	800m		
2:00									800m	800m
2:00	Shot Put #1	Long Jump #1	High Jump #1	Discus #1	Triple Jump #1	Shot Put #2	Long Jump #2	High Jump #2	Discus #2	Triple Jump #2
2:10	100m	100m								
2:20			100m	100m						
2:30					100m	100m				
2:40							100m	100m		
2:50									100m	100m
3:00	400m	400m								
3:10			400m	400m						
3:20					400m	400m				
3:30							400m	400m		
3:40									400m	400m
4:00	4x100m Relay									