

2022 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	Long	High Jump #1	Discus	Triple	Shot Put	Javelin			High Jump #2	
9:30	Hurdles	Hurdles	Hurdles							
9:40				Hurdles		Hurdles				
9:50							Hurdles	Hurdles	Hurdles	
10:00					Hurdles					Hurdles
10:00	Javelin					Triple	Shot Put	Long		Discus
10:10	1500m									
10:20		1500m	1500m							
10:30	Shot Put	Long	High Jump #1	Discus	Triple				Javelin	High Jump #2
10:30				1500m	1500m					
10:40						1500m	1500m			
10:50								1500m	1500m	1500m
11:00			PARA 100m					PARA 100m		
11:00				Javelin		Discus	Triple	Shot Put	Long	
11:15	100m H									
11:25		100m H	100m H							
11:30	Triple Jump	Shot Put	Long Jump	High Jump #2	Discus	High Jump #1				Javelin
11:35				100m H						
11:45					100m H	100m H				
11:55							100m H			
12:05								100m H	100m H	
12:15										100m H
12:15					Javelin		Discus	Triple	Shot Put	Long
12:20			PARA 200m					PARA 200m		
12:30	200m	200m								
12:40			200m	200m						
12:50					200m	200m				
1:00							200m	200m		
1:00	Discus	Triple	Shot Put	Long	High Jump #2		High Jump #1	Javelin		
1:10									200m	200m
1:15	800m	800m								
1:25			800m	800m						
1:30			Javelin			Long		Discus	Triple	Shot Put
1:35					800m	800m				
1:45							800m	800m		
2:00									800m	800m
2:00	High Jump #1	Discus	Triple	Shot Put	Long		Javelin	High Jump #2		
2:10	100m	100m								
2:20			100m	100m						
2:30					100m	100m				
2:30		Javelin				Shot Put	Long		Discus	Triple
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									