

2023 LSAA East Ward Track Meet

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