

Spring 2019 Track and Field Meets – Event Information

Athletes wishing to compete in any of the following meets must inform Coach Jan of their intentions no later than 1 week before the day of the meet.

******* The Black Flies Track and Field Meet is in Sudbury at the Laurentian University Track on Saturday May 4th, 2019. Many of the high school athletes will be with their school teams. The club's younger athletes (grades 6 & 7 & 8) may compete in the midget category (grade 9). Parent transportation is required for this meet.

Midget Events: 80mh, 100mh, 110mh, 100m, 200m, 400m, 800m, 1500m, 3000m(open), Long Jump, Triple Jump, High Jump

******* The Nipissing Invitational Track and Field Meet is at SJSH, Cundari Field, North Bay on Saturday May 11th, 2019. The high school athletes will be with their school teams. The club's younger athletes (grades 6, 7, and 8) may compete in the midget category which is the youngest category in the high school age divisions (grade 9's).

Midget Events: 80mh, 300mh, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500mSC (open), Long Jump, Triple Jump, High Jump, Pole Vault (Jr), Shot Put, Discus, Javelin

******* The District H Legion Track and Field Meet is in Sudbury at the Laurentian University Track on Saturday June 15th, 2019. Bus transportation is provided for those that need it.

Events for 11yrs and under (born 2008 or later)

- 100m, 200m, 300m, 800m, 1200m, High Jump, Long Jump, Triple Jump, Shot Put

Events for 13yrs and under (born 2006 and 2007)

- 100m, 200m, 300m, 800m, 1200m, High Jump, Long Jump, Triple Jump, Shot Put

Events for 15yrs and under (born 2004 and 2005)

- 80m hurdles (women), 100m hurdles (men), 200m hurdles, 100m, 200m, 300m, 1200m, 2000m, 1500m steeple chase, pole vault, triple jump, long jump, high jump, javelin, shot put, discus

Events for 17yrs and under (born 2002 and 2003)

- 100m hurdles (women), 110m hurdles (men), 300m hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 2000 steeple chase, pole vault, triple jump, long jump, high jump, javelin, discus, shot put

******* *The Sudbury Twilight Meet (evening 6:00 pm to 8:00 pm) is held at the Laurentian University Track in Sudbury. Events TBA. School bus transportation will be provided pending numbers interested.*

Meet

Twilight Meet: Date TBA (Possibly June 26th)

Age Categories

Tyke: 9yr. and 10yr.

Atom: 11yr. and 12yr.

Bantam: 13yr. and 14yr.

Open: 15yr. and older

***** Any additional information about the meets will be discussed at practices and emailed once the athlete commits to the meet.**