

Spring T & F Meets – 2017 (Basic Information)

******* The **Black Flies Track and Field Meet** is in Sudbury at the Laurentian University Track on Saturday April 29th, 2017. Many of 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 (grade 9). Transportation is provided for those who require it.

Midget Events: 80mh, 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 6, 2017. 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 (grade 9).

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 10, 2017. (bus transportation provided)

Events for 11yrs and under (born 2006 or later)

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

Events for 13yrs and under (born 2004 and 2005)

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

Events for 15yrs and under (born 2002 and 2003)

- 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. These events may run this year: Women's Pentathlon (80mh, 800m, LJ, HJ, SP), Men's Pentathlon (100mh, 1000m, LJ, HJ, SP)

Events for 17yrs and under (born 2000 and 2001)

- 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. These events may run this year: Women's Heptathlon (100mh, 200m, 800m, LJ, HJ, SP, Jav), Men's Octathlon (110mh, 100m, 400m, 1000m, LJ, HJ, SP, Jav)

***** Sudbury Twilight Meets (evening 5:30pm to 8:00pm) are held at the Laurentian University Track in Sudbury.**

Meets

Twilight Meet #1 – June – Exact date TBA

Twilight Meet #2 – Wednesday June 28

Age Categories

Mite: 6yr. to 8yr.

Tyke: 9yr. and 10yr.

Atom: 11yr. and 12yr.

Bantam: 13yr. and 14yr.

Open: 15yr. and older

***** School bus transportation will be provided pending numbers interested. The bus would leave North Bay at 3:30 pm.**