

2019 Bob Adams City Track and Field Championships
Wednesday, May 29, 2019 4:30 p.m.

Time	Track Events		Long Jump West	Triple Jump East	High Jump North	Discus (Cage)	Javelin South
		4:30	SB	JG	MB	MG	JB
5:00	MG 100m heats						
5:12	MB 100m heats						
5:22	JG 100m heats						
5:30	JB 100m heats						
5:38	SG 100m heats	5:40					MG
5:45	SB 100m heats	5:45	JB	SG	SB	JG	
5:50	MG 400M Timed Final						
5:58	MB 400M Timed Final						
6:06	JG 400M Timed Final						
6:14	JB 400M Timed Final						
6:22	SG 400M Timed Final						
6:30	SB 400M Timed Final						
6:45	MG 1500M Final	6:50					JG
	MB 1500M Final	7:00	MB	MG	JB	SG	
	JG 1500M Final						
	JB 1500M Final						
7:30	MG 100m Final						
	MB 100m Final						
	JG 100m Final						
	JB 100m Final						
	SG 100m Final						
	SB 100m Final						
7:45	Wheelchair 100m Final						
7:50	SG 1500M Final	7:50					SG
	SB 1500M Final						
		8:00					
8:10	MG 4x100m Relay						
	MB 4x100m Relay						
8:25	JG 4x100m Relay						
	JB 4x100m Relay						
8:40	SG 4x100m Relay						
	SB 4x100m Relay						

Meet continues tomorrow at 12:30

- 1 Acceptable dress for track and field, in school colors, and a competitor's number must be worn by all contestants.
- 2 Competitors may enter **four** events plus relays. Schools may enter **two** competitors per event.
- 3 Quadathlon athletes will compete in their 4 events separately (100m, 800m, Long, Shot) plus relays. In Shot Put and Long Jump they will only receive 3 attempts.
- 4 All competitors are required to wear the proper spike for the track surface i.e. maximum 9 mm. High jump and javelin maximum 11 mm (flat shoes are acceptable)
- 5 In throwing events, long and triple jump competitors will be given a warm up try and three competitive tries. The top eight will receive **three** additional tries.
- 6 Medals will be presented to the top 3 and team standings points to the top eight (10, 8, 6, 5, 4, 3, 2, 1).
- 7 The school gaining the most points will be awarded the City Championship Trophy. The most improved school from the previous year based on point difference is awarded The Most Improved Trophy. Pennants will be awarded to the school winning an age division point total.

Note to Officials:

Please report 20 minutes prior to scheduled time of the events to receive instructions and to draw equipment.



2019 Bob Adams City Track and Field Championships
Thursday, May 30, 2019 12:30 p.m.

Time	Track Events		Long Jump West	Triple Jump East	High Jump North	Pole Vault #1 North	Pole Vault #2 South	Shot Put #1 East	Shot Put #2 West	Discus (Cage)	Javelin North
		12:30				SG	SB				
1:00	Open Girls 100m Quads Timed Final Open Boys 100m Quads Timed Final	1:00	MG	MB	JG					MB	
1:15	MG 200m heats MB 200m heats										
1:35	JG 200m heats JB 200m heats										
1:55	SG 200m heats SB 200m heats	1:55				JG	JB				
	Hurdles set up										
2:15	MG 800M Final MB 800M Final	2:15	Quad B	SB	MG			Quad G	MB	JB	
2:25	JG 800M Final JB 800M Final										
2:35	SG 800M Final SB 800M Final										
2:45	400M Wheelchair Final										
2:50	MG 80m H heats JG 80m H heats SG 80m H heats MB 100m H heats										
3:20	JB 100m H heats	3:20				MG	MB				
3:30	SB 100m H heats	3:30	JG	Quad G (L J)	SG			Quad B	JB	SB	
	Hurdles set up for 3000m (open lanes 1-4)										
3:40	MG 3000m Final										
3:55	MB 3000m Final										
		4:45	SG	JB				JG	SB		MB
5:20	JG 3000m Final										
5:35	JB 3000m Final										
5:50	SB 100m H Final										
5:55	JB 100m H Final										
6:00	MB 100m H Final	6:00						MG	SG		SB
6:04	SG 80m H Final										
6:08	JG 80m H Final										
6:14	MG 80m H Final										
	Hurdles take down										
6:20	SG 3000m Final										
6:35	SB 3000m Final										
6:50	MG 200m Final MB 200m Final JG 200m Final JB 200m Final SG 200m Final SB 200m Final										
7:10	Open Girls 100m Quads Timed Final Open Boys 100m Quads Timed Final										
7:20	MG 4x400m Relay MB 4x400m Relay										
7:35	JG 4x400m Relay JB 4x400m Relay										
7:50	SG 4x400m Relay SB 4x400m Relay										
8:20	Presentation of Age Division Pennants, Meet Championship Trophy and Most Improved Trophy. Provincial High School Championships – June 7-8, 2019 in Swift Current.										