

2023 Legion District H Track and Field Meet Schedule

Track

Time	Event	Age Group / Details
10:00am	2000m	Combined U16 Girls and Boys
10:10am	3000m	Combined U18 Girls and Boys
10:30am	200m Hurdles	U16 Girls
10:40am	400m Hurdles	U18 Girls
10:50am	800m	Combined U12 Girls + U14 Girls U16 Girls Combined U14 Boys + U16 Boys U18 Girls U18 Boys
11:15am	200m	U12 Girls then Boys U14 Girls then Boys U16 Girls then Boys U18 Girls then Boys
Lunch Break		
12:30pm	80m Hurdles 100m Hurdles 110m Hurdles	U16 Girls - 30 inches U18 Girls - 30 inches U16 Boys - 33 inches U18 Boys - 36 inches
12:45pm	1500m Steeplechase	Combined U16 Girls + Boys - 30 inch barriers, no water jump
12:55pm	2000m Steeplechase	U18 Girls - 30 inches, Waterjump U18 Boys - 36 inches, Waterjump
1:20pm	100m	U12 Girls then Boys U14 Girls then Boys U16 Girls then Boys U18 Girls then Boys
2:00pm	300m	U12 Girls then Boys U14 Girls then Boys U16 Girls then Boys U18 Girls then Boys
2:30pm	400m	U18 Girls then Boys
2:45pm	1200m	Combined Girls U12 + U14 + U16 Combined Boys U12 + U14 + U16
3:00pm	1500m	U18 Girls then Boys

FIELD

Time	Event	Age Group / Details
10:00am	High Jump Javelin Triple Jump Long Jump Shot Put	U12 Girls, U14 Girls U16 + U18 Girls and Boys U16 Girls, U18 Girls U16 Boys, U18 Boys All Males
11:30am	High Jump Long Jump Triple Jump Shot Put	U12 Boys, U14 Boys U16 Girls, U18 Girls U16 Boys, U18 Boys All Females

Lunch

1:00pm	Discus Long Jump High Jump Triple Jump	U16 Boys, U18 Boys U12 Boys, U14 Boys U16 Girls, U18 Girls U12 Girls, U14 Girls
2:30pm	Triple Jump Discus High Jump Long Jump	U12 Boys, U14 Boys U16 Girls, U18 Girls U16 Boys, U18 Boys U12 Girls, U14 Girls