

**City of Grande Prairie
Jr. High Track and Field Champions
Wednesday May 17, 2023**

	GIRLS			BOYS		
<u>Time</u>	JUNIOR	INTERMEDIATE	SENIOR	JUNIOR	INTERMEDIATE	SENIOR
8:00 AM	80m HUR	80m HUR		80m HUR		
8:30 AM			80m HUR		100m HUR	100m HUR
9:00 AM	3000m	3000m	3000m			
9:00 AM	Long Jump	Discus	High Jump	Shot Put	Triple Jump	Javelin
9:30 AM				3000m	3000m	3000m
10:00 AM	100m	100m				
10:00 AM	Javelin	Long Jump	Discus	High Jump	Shot Put	Triple Jump
10:30 AM			100m	100m		
11:00 AM					100m	100m
11:30 PM	800m	800m				
11:30 PM	Triple Jump	Javelin	Long Jump	Discus	High Jump	Shot Put
12:00 PM			800m	800m		
12:30 PM					800m	800m
1:00 PM	4 X 100	4 X 100				
1:30 PM			4 X 100	4 X 100		
2:00 PM					4 X 100	4 X 100
2:30 PM	200m	200m				
2:30 PM	Shot Put	Triple Jump	Javelin	Long Jump	Discus	High Jump
3:00 PM			200m	200m		
3:30 PM					200m	200m
4:00 PM	1500m	1500m				
4:00 PM	High Jump	Shot Put	Triple Jump	Javelin	Long Jump	Discus
4:30 PM			1500m	1500m		
5:00 PM					1500m	1500m
5:00 PM	Discus	High Jump	Shot Put	Triple Jump	Javelin	Long Jump
5:30 PM	400m	400m				
6:00 PM			400m	400m		
6:30 PM					400m	400m

Event Specifications:

	SHOTPUT	DISCUS:	JAVELIN:
Junior and Intermediate Girls	3 kg	750 g	500 g
Senior Girls	3 kg	1 kg	500 g
Junior and Intermediate Boys	4 kg	1 kg	600 g
Senior Boys	5 kg	1.5 kg	700 g

HIGH JUMP

Junior, Intermediate and Senior Girls	105 centimeters
Junior Boys	110 centimeters
Intermediate Boys	120 centimeters
Senior Boys	125 centimeters

Heights will increase by 5 centimeters until there are only 3 participants who remain. After that height increases will be by 3 cms.

HURDLES

Category	Distance	Number	Height	Meters to Start	Meters in between
Junior Girls	80m	8	76 cm	12.00 m	8.0 m
Int. Girls	80m	8	76 cm	12.00 m	8.0 m
Senior Girls	80m	8	76 cm	12.00 m	8.0 m
Junior Boys	80m	8	76 cm	12.00 m	8.0 m
Int. Boys	100m	10	84 cm	13.00 m	8.5 m
Senior Boys	100m	10	84 cm	13.00 m	8.5 m