**Mini-Meet #1 at Pitt River**

**April 27th, 2016**

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| **Events** | **Approximate start time** | **Location** | **Host school** | **Other information** |
| Shot Put | 3:45pm  girls then boys  gr. 6/7/8 | Gravel field | Summit | ~2 circles, one for each gender  ~try to give 3 throws per athlete  ~athletes should exit through the back of the circle |
| Long jump | 3:45pm  girls then boys  gr. 6/7/8 | Pit beside the track | Scott Creek | **~there is only one pit**  ~try to give 3 jumps per athlete  ~the jump starts at the board closest to the pit |
| Javelin | 4pm  girls then boys  gr. 8 | Grass field | Citadel?  Kwayhquitlum? | ~there is one throwing area  ~try to give 3 throws per athlete |
| Special Track  50 m dash | 3:15pm | Track | Pitt River |  |
| 4 x 200m | 3:50pm  boys then girls  gr. 8/7/6 | Track | Pitt River  Minnekhada | ~runners will start on a stagger and stay in their lanes for the 1st lap. They can cut in for the 2nd lap.  ~times will not be given |
| 1500m | 4:20pm  boys then girls  gr. 8/7/6 | Track | Pitt River  Minnekhada | ~runners will start on a stagger and will be allowed to cut in  ~times will not be given |
| 400m | 4:40pm  boys then girls  gr. 8/7/6 | Track | Pitt River  Minnekhada | ~runners will start on a stagger and stay in their lanes throughout the race  ~times will not be given |
| 100m | 5:10pm  boys then girls  gr. 8/7/6 | Track | Pitt River  Minnekhada | ~there will be as many heats as necessary  ~times will not be given |

**\*\*Coaches’ meeting at 3:40pm in the tennis courts\*\***