

**Mini-Meet #1 at Pitt River
April 27th, 2016**

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 1 st lap. They can cut in for the 2 nd 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****