

# 2022 KASSAA Track & Field Championships

## TRACK EVENTS

\*The track schedule can run up to 30 minutes ahead of schedule so it is important to be aware of how things are moving on the track.

### Wednesday May 11 2022

2:30 p.m.	200m Heats	WCG, WCB, NG, JG, SG, NB, JB, SB
3:15 p.m.	300mH TimedSections	NG, JG
3:25 p.m.	400mH Timed Sections	SG
3:30 p.m.	300mH Timed Sections	NB, JB
3:40 p.m.	400mH Timed Sections	SB
3:45 p.m.	1500m Final	NG
3:55 p.m.	1500m Final	NB
4:05 p.m.	1500m Final	JG
4:15 p.m.	1500m Final	JB
4:25 p.m.	1500m Final	SG
4:35 p.m.	1500m Final	SB
4:45 p.m.	200m Finals	WCG, WCB, NG, JG, SG, NB, JB, SB

### Thursday May 12, 2022

8:30 a.m.	<b>Submit Forms &amp; Fees to Stephanie Howie = Pick-up School #'s Package</b>	
9:15 a.m.	<b>Coaches Meeting (Ben and Kelly)</b>	
	<b>Student Volunteers Meeting (Jess Hamilton)</b>	
9:30 a.m.	2000m Steeplechase Final	OG, OB
9:50 a.m.	<b>Opening Ceremonies and Mascot Run</b>	
10:00 a.m.	100m Heats	AMBG, AMBB, VIG, VIB, IDG, IDB, NG, JG, SG, NB, JB, SB
10:45 a.m.	80/100/110 m Hurdles heats	NG, JG, SG, NB, JB, SB
11:15 a.m.	3000m Final	NG, NB
11:40 a.m.	400m Final (Timed Sections)	WCG, WCB, NG, NB, JG, JB, SG, SB
12:20 p.m.	3000m Final	JG, JB
	<b>Track Break</b>	
1:15 p.m.	Sprint Hurdle Finals	SB, JB, NB, SG, JG, NG
1:30 p.m.	3000m Final	SG, SB
1:55 p.m.	100m Final	AMBG, AMBB, VIG, VIB, IDG, IDB, SG, SB, JG, JB, NG, NB
2:15 p.m.	800m Final (Timed Sections)	AMBG, AMBB, VIG, VIB, IDG, IDB, NG, NB, JG, JB, SG, SB
<b>2:30 p.m.</b>	<b>Relay Judge Meeting (Laura McDowell)</b>	
3:00 p.m.	4x100m Relay Timed Sections	SG, SB, JG, JB, NG, NB
3:30 p.m.	4x400m Relay Timed Sections	OG, OB
4:00 p.m.	Award Presentations (or at the conclusion of the field events)	

## Field Events

### Wednesday May 11, 2022

Time	Para Shot - AG IDG	Para Shot - AB, IDB	Senior Boys
3:00 pm	Girls - A, ID		Javelin
4:00 pm		Boys - A, ID	

### Thursday May 12, 2022

Time	Novice Girls	Junior Girls	Senior Girls	Novice Boys	Junior Boys	Senior Boys
9:00 am	Long Jump	TJ / Javelin	High Jump	Shot put		Discus
10:15 am	Shot Put	Discus		Long jump	Triple Jump	High Jump
11:30 am	High Jump	Long Jump	TJ / Javelin	Discus	Shot Put	
12:45 pm		Shot Put	Discus	HJ / Javelin	Long Jump	Triple Jump
2:00 pm	TJ / Javelin	High Jump	Long Jump		Discus	Shot Put
3:15 pm	Discus		Shot Put	Triple Jump	HJ / Javelin	Long Jump

\*For safety and time constraints as well as less time missed from a quadmester we paired javelin with triple for girls and javelin with high jump for boys. Senior boys will still run Wednesday at 3pm.