

Hamilton Wentworth District School Board
Senior Elementary Track and Field Information for Parents
2019

Location: Mohawk Sports Park – Mohawk Rd. and Upper Kenilworth behind Bernie Arbor Baseball Stadium

When:

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Please stay out of the infield at all times.

Track Events

EVENT #	TIME	NAME OF EVENT
1500 m		TIMED HEATS (1 heat/division)
	10:00	Grade 6 Girls 1500m
	10:10	Grade 6 Boys 1500m
	10:20	Grade 7 Girls 1500m
	10:30	Grade 7 Boys 1500m
	10:40	Grade 8 Girls 1500m
	10:50	Grade 8 Boys 1500m
100m		QUALIFYING HEATS (5 heats/division)
	11:15	Grade 6 Girls 100m
	11:23	Grade 6 Boys 100m
	11:31	Grade 7 Girls 100m
	11:39	Grade 7 Boys 100m
	11:47	Grade 8 Girls 100m
	11:55	Grade 8 Boys 100m
400M		TIMED HEATS (3 heats/division)
	12:00	Grade 6 Girls 400m
	12:10	Grade 6 Boys 400m
	12:20	Grade 7 Girls 400m
	12:30	Grade 7 Boys 400m
	12:40	Grade 8 Girls 400m
	12:50	Grade 8 Boys 400m
100m		FINALS (1 heat/division)
	1:15	Grade 6 Girls 100m
	1:17	Grade 6 Boys 100m
	1:19	Grade 7 Girls 100m
	1:21	Grade 7 Boys 100m
	1:23	Grade 8 Girls 100m
	1:25	Grade 8 Boys 100m
200m		TIMED HEATS (3 heats/division)
	1:35	Grade 6 Girls 200m
	1:43	Grade 6 Boys 200m
	1:51	Grade 7 Girls 200m
	1:59	Grade 7 Boys 200m
	2:07	Grade 8 Girls 200m
	2:15	Grade 8 Boys 200m
4 x 100m		Relay -- TIMED HEATS (3 heats/division)
	2:15	Grade 6 Girls 4 x 100m Relay
	2:23	Grade 6 Boys 4 x 100m Relay
	2:31	Grade 7 Girls 4 x 100m Relay
	2:39	Grade 7 Boys 4 x 100m Relay
	2:47	Grade 8 Girls 4 x 100m Relay
	2:55	Grade 8 Boys 4 x 100m Relay
MEDLEY		(800, 200, 200, 400 m)
	3:00	Open Girls
	3:15	Open Boys

Field Events

SHOT PUT CIRCLE -- Girls

10:00-10:45 a.m.	Grade 7 Girls
10:45-11:30 a.m.	Grade 8 Girls
11:30-12:15 p.m.	Grade 6 Girls

SHOT PUT -- Boys

12:15-1:00 p.m.	Grade 7 Boys
1:00-1:45 p.m.	Grade 8 Boys
1:45 - 2:30 p.m.	Grade 6 Boys

LONG JUMP -- Girls

10:00-11:00 a.m.	Grade 6 Girls
11:00-12:00 a.m.	Grade 7 Girls
12:00-1:00 p.m.	Grade 8 Girls

LONG JUMP -- Boys

10:00-11:00 a.m.	Grade 6 Boys
11:00-12:00 p.m.	Grade 7 Boys
12:00-1:00 p.m.	Grade 8 Boys

Any questions please contact:

Jeff Wright

jwright@hwdsb.on.ca

HWDSB - Athletics