

**AIC TRACK AND FIELD 2022**

**Pre-Season Meet | August 18 SAF**

LANE DRAW

| Lane | School | Lane | School |
| --- | --- | --- | --- |
| 1 | Vacant | 5 | SEC |
| 2 | SPLC | 6 | PADUA |
| 3 | VILLA | 7 | SLC |
| 4 | IONA | 8 | ATC |
| 9 | SPC | 10 | MARIST |

SCHEDULE OF TRACK EVENTS THURSDAY AUGUST 18 SAF

|  |  |
| --- | --- |
| TIME | EVENT |
| 3.00pm | Hurdles Years 5 & 6 |
| 3.20pm | 200m Years 5 & 6 |
| 4.00pm | 800m Years 5 & 6 |
| 4.30pm | 100m Years 5 & 6  |
| 4.45pm | 3000m Open (*set up hurdles Lanes 3-10)* |
| 5.00pm | Hurdles 12 Years - Open |
| 5.30pm | 800m |
| 6.00pm | 100m |
| 6.50pm | 400m |
| 7.10pm | 1500m (2 age groups per race) |

SCHEDULE OF FIELD EVENTS THURSDAY AUGUST 18 SAF

|  |  |  |
| --- | --- | --- |
| TIME | EVENT | AGE GROUP |
| 3.00pm | SHOT PUTHIGH JUMPLONG JUMP | YEAR 5YEAR 6YEAR 5 |
|  |  |  |
| 3.45pm | LONG JUMPSHOT PUT HIGH JUMP | YEAR 6YEAR 6YEAR 5 |
|  |  |  |
| 4:30 pm | SHOT PUT 1DISCUSTRIPLE JUMPHIGH JUMP 1LONG JUMP JAVELIN | 16 YRS & OPEN13YRS14 & 15YRS13YRS16YRS & OPEN14 & 15YRS |
|  |  |  |
| 5:20 pm | SHOT PUT 1DISCUS SHOT PUT 2TRIPLE JUMPHIGH JUMP 1LONG JUMP JAVELIN | 15YRS12YRS14YRS16YRS & OPEN12YRS15YRS13YRS |
|  |  |  |
| 6:10 pm | SHOT PUT 1DISCUSHIGH JUMP 2HIGH JUMP 1LONG JUMP JAVELIN | 12YRS14 & 15YRS15YRS14YRS12 & 13YRS16YRS & OPEN |
|  |  |  |
| 7:00 pm | SHOT PUT 1DISCUSHIGH JUMP 2TRIPLE JUMPHIGH JUMP 1LONG JUMP JAVELIN | 13YRS16YRS & OPEN16YRS12 & 13YRSOPEN14YRS12YRS  |