

Central Muskoka Regional Track and Field 2024 Schedule

Track Events		Field Events														
Time		Time	Boys							Girls						
			Gr.3	Gr.4	Gr.5	Gr.6	Gr.7	Gr.8	Gr.3	Gr.4	Gr.5	Gr.6	Gr.7	Gr.8		
8:15	1500 M Finals	9:45			Ball Throw #1	Shot Put	Run.L Jump with Girls				Stand. Long Jump		Ball Throw #2	Run.L Jump with Gr.7 Boys	Triple Jump	
9:30	60m Heats and Finals Girls / Boys	10:30	Running Long Jump with Girls	Ball Throw #1	Standing Long Jump		Triple Jump	Shot Put		Running Long Jump with Boys		Ball Throw #2				
10:15	100m Heats and Finals	11:15	Standing Long Jump			Ball Throw #1		Running Long Jump with Girls			Ball Throw #2		Shot Put	Triple Jump	Run. Long Jump with Boys	
11:15	400 M Finals (12 races) (timed)	12:00		Stand Long Jump	Running Long Jump with Girls	Triple Jump	Shot Put			Ball Throw #1		Run Long Jump with the Boys		Ball Throw #2		
12:00	800 M Finals (multiple age groups at a time)	Catch up time or get ahead time if possible														
1:10	200m timed heats, Finals	1:30	Ball Throw #1			Run Long Jump with Girls	Ball Throw #2	Triple Jump		Standing Long Jump			Running Long Jump with Boys		Shot Put with Gr.7 Girls	
1:40	Catch up?	2:00		Running Long Jump with Girls					Ball Throw #1			Run Long Jump with Boys	Stand Long Jump	Triple Jump	Shot Put	Ball Throw #2

This schedule is flexible and will move ahead when possible

Races take precedence over field events. Runners will return to their field event immediately after their race.

*** the starting times for events are approximate, please follow the order of events at each site.

(Event leaders, let the organizers know via a runner when you are ready for the next group).

*** the 1500m race will start promptly at 8:15. Runners need to be at the field before that time. The teacher from each school may be asked to time races.