

# C.D.S.S.A. Athletics Program

## GIRLS

	9	10	11	12
9:30	200m	Hurdles	Snack	High Jump
9:55	Shot Put	200m / 800m	Hurdles	Snack
10:20	75m	Shot Put	200m / 800m	Hurdles
10:45	Long Jump	100m	Shot Put	200m / 800m
11:10	Tennis ball	Long Jump	100m	Shot Put
11:35	Discus	Triple Jump	Long Jump	100m
12:00	Relay	Discus	Triple Jump	Long Jump
12:25	High Jump	Relay	Discus	Triple Jump
12:50	Snack	High Jump	Relay	Discus
1:15	Hurdles	Snack	High Jump	Relay

## BOYS

	9	10	11	12
	Discus	Triple Jump	Long Jump	100m
	Relay	Discus	Triple Jump	Long Jump
	High Jump	Relay	Discus	Triple Jump
	Snack	High jump	Relay	Discus
	Hurdles	Snack	High Jump	Relay
	200m	Hurdles	Snack	High Jump
	Shot Put	200m / 800m	Hurdles	Snack
	75m	Shot Put	200m / 800m	Hurdles
	Long Jump	100m	Shot Put	200m / 800m
	Tennis ball	Long Jump	100m	Shot Put

**1:15 to 1:45 Lunch Break & Pack Up**

**1:45 to 2:00 Results and Presentations**