

TENTATIVE
3RD ANNUAL LANCER PREP INVITATIONAL
SATURDAY, APRIL 26, 2008

SANDWICH SECONDARY SCHOOL, LASALLE, ON

TRACK		FIELD	
TIME	EVENT	# OF HEATS	EVENT (# OF COMPETITORS)
10:00am	300mH Midget Girls		10:30am Midget Girls Long Jump
10:10am	300mH Junior Girls		Junior Girls Triple Jump
10:20am	300mH Midget Boys		Senior Girls High Jump
10:30am	300mH Junior Boys		Midget Boys Shot Put
10:40am	400mH Senior Girls		Junior Boys Discus
10:50am	400mH Senior Boys		Senior Boys Javelin
11:00am	3000m Midget & Junior Girls		
11:15am	3000m Midget Boys		
11:30pm	3000m Junior Boys		12:00noon Midget Girls Shot Put
			Junior Girls Discus
			Senior Girls Javelin
			Midget Boys Long Jump
			Senior Boys High Jump
			M/J/S Boys Pole Vault
			Junior Boys Triple Jump
11:50pm	100m Timed Final Midget Girls		
12:00noon	100m Timed Final Midget Boys		
12:10pm	100m Timed Final Junior Girls		
12:20pm	100m Timed Final Junior Boys		1:30pm Midget Girls High Jump
12:30pm	100m Timed Final Senior Girls		Junior Girls Long Jump
12:40pm	100m Timed Final Senior Boys		Senior Girls Triple Jump
12:55pm	3000m Senior Girls		Midget Boys Javelin
1:10pm	3000m Senior Boys		Junior Boys Shot Put
1:35pm	80mH Midget Girls		Senior Boys Discus
1:45pm	80mH Junior Girls		
1:55pm	100mH Senior Girls		
2:05pm	100mH Midget Boys		3:00pm Midget Girls Javelin
2:15pm	100mH Junior Boys		Junior Girls Shot Put
2:25pm	100mH Senior Boys		Senior Girls Discus
2:35pm	400m Midget Girls		Midget Boys High Jump
2:50pm	400m Midget Boys		Junior Boys Long Jump
3:05pm	400m Junior Girls		Senior Boys Triple Jump
3:15pm	400m Junior Boys		
3:30pm	400m Senior Girls		4:30pm Midget Girls Triple Jump
3:40pm	400m Senior Boys		Junior Girls High Jump
4:00pm	1500m Midget Girls		Senior Girls Long Jump
4:10pm	1500m Midget Boys		Midget Boys Discus
4:25pm	1500m Junior Girls		Junior Boys Javelin
4:35pm	1500m Junior Boys		Senior Boys Shot Put
4:50pm	1500m Senior Girls		Open Girls Pole Vault
5:00pm	1500m Senior Boys		
5:20pm	200m Midget Girls		6:00pm Midget Girls Discus
5:30pm	200m Midget Boys		Junior Girls Javelin
5:45pm	200m Junior Girls		Senior Girls Shot Put
5:55pm	200m Junior Boys		Midget Boys Triple Jump
6:10pm	200m Senior Girls		Junior Boys High Jump
6:20pm	200m Senior Boys		Senior Boys Long Jump
6:40pm	800m Midget Girls		
6:50pm	800m Midget Boys		
7:05pm	800m Junior Girls		
7:15pm	800m Junior Boys		
7:30pm	800m Senior Girls		
7:40pm	800m Senior Boys		