

Track & Field Schedule
2021
July 31st Scarborough High



Running Events

9:30 50m
10:00 1500m
10:30 1500 Power Walk
11:00 100m
11:30 800m
12:00 200m
12:30 1500 Race Walk
1:00 400m
1:30 4 x 100 Relay

Throwing Events (4 Throws)

Open pit for all ages 9:30-12:00

Men and Women

Javelin
Shot Put
Discus

(Everyone will get a chance for three warmups before their throw)

Jumping Events (4 Jumps)

Open Pit for all ages 9:30-12:00

Men and Women

High Jump
Long Jump
Triple Jump

(Everyone will get a chance to warmup before their jump)
