

2024 LSAA West Ward Track Meet



Start	Girls					Boys				
	Tyro Girls	Novice Girls	Junior Girls	Int. Girls	Senior Girls	Tyro Boys	Novice Boys	Junior Boys	Int. Boys	Senior Boys
10:00	Long	High Jump #1	Discus	Triple	Shot Put	Javelin			High Jump #2	
10:00			Hurdles							
10:10				Hurdles						
10:20								Hurdles	Hurdles	
10:30					Hurdles					Hurdles
10:30	Javelin					Standing Long Jump	Shot Put	Long		Discus
10:40	1500m									
10:50		1500m	1500m							
11:00	Shot Put	Long	High Jump #1	Discus	Triple				Javelin	High Jump #2
11:00				1500m	1500m					
11:10						1500m	1500m			
11:20								1500m	1500m	1500m
11:30			PARA 100m					PARA 100m		
11:30				Javelin		Discus	Standing Long Jump	Shot Put	Long	
11:45	100m									
11:55		100m	100m							
12:00	Standing Long Jump	Shot Put	Long Jump	High Jump #2	Discus	High Jump #1				Javelin
12:05				100m						
12:15					100m	100m				
12:25							100m			
12:35								100m	100m	
12:45										100m
12:45					Javelin		Discus	Triple	Shot Put	Long
12:50			PARA 200m					PARA 200m		
1:00	200m	200m								
1:10			200m	200m						
1:20					200m	200m				
1:30							200m	200m		
1:30	Discus	Standing Long Jump	Shot Put	Long	High Jump #2		High Jump #1	Javelin		
1:40									200m	200m
1:45	800m	800m								
1:55			800m	800m						
2:00			Javelin			Long		Discus	Triple	Shot Put
2:05					800m	800m				
2:15							800m	800m		
2:30									800m	800m
2:30	High Jump #1	Discus	Triple	Shot Put	Long		Javelin	High Jump #2		
2:40	400m	400m								
2:50			400m	400m						
3:00					400m	400m				
3:00		Javelin				Shot Put	Long		Discus	Triple
3:10							400m	400m		
3:20									400m	400m
3:40	4x100m Relay									

The Track meet will try to run on schedule. Please ensure athletes and parents understand that students may be not be able to catch the bus home.