

# RDJSAA Track & Field Meet

Wednesday June 4th, 2025  
 Woody's Track - Lindsay Thurber High School  
 Rainout: N/A

Time	Track Event		Field Event	
9:00 am	Coaches Meeting			
9:30 am	Hurdle (heats)	Girls Boys	High Jump Long Jump	Girls Boys
10:00 am	3000m	Girls Boys		
10:30 am	100m (heats)	Girls Boys	Discus Shot Put	Girls Boys
11:00 am	800m (Timed Final)	Girls Boys		
11:30 am	200m (heats)	Girls Boys	Triple Jump Javelin	Girls Boys
12:00 pm	Lunch Break			
12:15 pm	Hurdle Final	Girls Boys	Shot Put High Jump	Girls Boys
12:30pm	400m (Timed Final)	Girls Boys		
1:00 pm	100m Final	Girls Boys	Long Jump Discus	Girls Boys
1:15 pm	1500m	Girls Boys		
1:45 pm	200m Final	Girls Boys	Javelin Triple Jump	Girls Boys
2:00 pm*	Medley	Girls Boys		
2:30 pm*	Relay (4 x 100m)	Girls Boys		
2:45 pm	Clean Up			
3:00 pm	Award Presentations			

\* Relay's will **NOT** begin until the conclusion of all field events