



Updated: April 2

Twilight Meet - 1 - May 5, 2025 - 4:30 PM to 7:30 PM

Gordie Howe Sports Complex

Officials & Volunteers (please arrive early to prepare your event)

GATE - MG x 1	High Jump - West - EH x 3	Long Jump - West - STJ x 2 / BETH x 2
Announcer - CENT	High Jump - East - AB x 3	Long Jump - East - BR x 2 / WM x 2
	Pole Vault - HC / BJM x 2	Track Marshals HC / CENT x2
	Shot Put West - WM x 3	Shot Put East - STJ x 3
Starter - SSSAD Assigned	Erica Gasmo	

Events

100 M	All Categories			High Jump - North	Girls
800 M	All Categories			High Jump - South	Boys
				Long Jump - East	IG/JG
				Long Jump - West	SG
				Shot Put - East & West	All Categories
				Pole Vault	All Categories

Rolling Schedule - All Times are Approximate

Track			Field							
Time	Category	Event	Time	Event						
4:30 PM	IG	100 M		Shot (SE)	Shot (SW)	HJ - North	HJ - South	LJ - EAST	LJ - WEST	Pole Vault
	IB	100 M	4:30 PM	IG	IB	JG/SG	JB/SB	IG	IG	IG/JG/SG
	JG	100 M	5:00 PM							
	JB	100 M	5:30 PM	JG	JB					
	SG	100 M	6:00 PM			IG	IB	JG	SG	IB/JB/SB
	SB	100 M	6:30 PM	SG	SB					
5:30 PM	IG	800 M	7:00 PM							
	IB	800 M								
	JG	800 M		High Jump Progression						
	JB	800 M	IG/JG/SG	1.25 M	1.35 M	1.40 M	1.45 M	1.50 M		
	SG	800 M	IB	1.40 M	1.45 M	1.50 M	1.55 M	1.60 M		
	SB	800 M	JB/SB	1.50 M	1.55 M	1.60 M	1.65 M	1.70 M		