



Updated: May 6, 2025

Twilight Meet - 3 - May 14, 2025 - 4:30 PM to 8:00 PM

Gordie Howe Sports Complex - Track

Officials & Volunteers

GATE - MG	Long Jump - NW - EH / BETH / SCS	Track Marshalls - STJ x 3
Announcer - CENT	Long Jump - SE - WM x2 / ECF	Track Judge - EDF / TD / HC
	Discus - MR x 3	Javelin (SOUTH) - HC / BJM x2
		High Jump - AB x 3
Starter - SSSAD Assigned	Bart Gilbert	

Events

100 M	All Categories	Long Jump	Boys Only
400 M	All Categories	Discus	Girls Only
1500 M	All Categories	Javelin	Boys Only
		High Jump	Girls Only

Rolling Schedule - All Times are Approximate

Track			Field					
Time	Category	Event	Time	Event				
4:30 PM	IG	100 M		LJ - NW Pit	LJ - SE Pit	Discus	Javelin (S)	High Jump
	IB	100 M	4:30 PM	IB	IB	IG	IB	IG
	JG	100 M	5:00 PM					
	JB	100 M	5:30 PM			JG	JB	JG
	SG	100 M	6:00 PM	JB - 1	SB - 1			
	SB	100 M	6:30 PM			SG	SB - 1	SG
5:45 PM	IG	400 M	7:00 PM					
	IB	400 M	7:00 PM	JB - 2	SB - 2		SB - 2	
	JG	400 M						
	JB	400 M		High Jump Progression				
	SG	400 M	IG/JG/SG	1.25 M	1.35 M	1.40 M	1.45 M	1.50 M
	SB	400 M	IB	1.40 M	1.45 M	1.50 M	1.55 M	1.60 M
6:45 PM	IG	1500 M	JB/SB	1.50 M	1.55 M	1.60 M	1.65 M	1.70 M
	IB	1500 M						
	JG	1500 M						
	JB	1500 M						
	SG	1500 M						
	SB	1500 M						