

ALCDSB West Track Schedule 2023 (A Year)

Gender	Time	Event	Division
Girls	10:05	1500m	Open
Boys	ASAPTEC*	1500m	Open
Boys	ASAPTEC*	100m Heats	U10
Boys	ASAPTEC*	100m Heats	U12
Boys	ASAPTEC*	100m Heats	U14
Boys	ASAPTEC*	800m	U12
Boys	ASAPTEC*	800m	U14
Boys	ASAPTEC*	200m	U10
Boys	ASAPTEC*	200m	U12
Boys	ASAPTEC*	200m	U14
Boys	ASAPTEC*	400m	U10
Boys	ASAPTEC*	400m	U12
Boys	ASAPTEC*	400m	U14
Boys	ASAPTEC*	100m Finals	U10>U12>U14
Girls	1:00	100m Heats	U10
Girls	ASAPTEC*	100m Heats	U12
Girls	ASAPTEC*	100m Heats	U14
Girls	ASAPTEC*	800m	U12
Girls	ASAPTEC*	800m	U14
Girls	ASAPTEC*	200m	U10
Girls	ASAPTEC*	200m	U12
Girls	ASAPTEC*	200m	U14
Girls	ASAPTEC*	400m	U10
Girls	ASAPTEC*	400m	U12
Girls	ASAPTEC*	400m	U14
Girls	ASAPTEC*	100m Finals	U10>U12>U14
Mixed	3:45	4x100 Relay	U10
Mixed	ASAPTEC*	4x100 Relay	U12
Mixed	ASAPTEC*	4x100 Relay	U14

*ASAPTEC – As Soon As Previous Track Event Completed

Girl's Field Schedule (A Year)

	10:15	10:45	11:15	11:45	12:15
Long Jump	U14		U10		U12
Triple Jump					U14
Broad Jump	U10		U12	U14	
Ball Throw	U12			U10	
Shot Put		U14			

Boy's Field Schedule (A Year)

	1:00	1:30	2:00	2:30	3:00
Long Jump	U14		U10		U12
Triple Jump					U14
Broad Jump	U10		U12	U14	
Ball Throw	U12			U10	
Shot Put		U14			