

2025 All Comer's Track Schedule

April 15 – Meet #1

Time	Event
4:45	800m
5:00	100m
6:15	1500m Racewalk

April 22 – Meet #2

Time	Event
4:45	Steeplechase (Jr/Sr)
5:00	200m
6:15	1500m

April 29 – Meet #3

Time	Event
4:45	Sprint Hurdles
5:00	400m
6:15	4x100 Relays

May 6 – Meet #4

Time	Event
4:45	200/300/400m Hurdles (Gr 8-12)
5:00	3000m
6:15	4x400m Relays

Other Important Dates:

South Central Zones: May 13 @ Kelowna Apple Bowl

Thompson Okanagan Valleys: May 20 @ Kelowna Apple Bowl

Provincials Championships: June 5-7 @ Langley McLeod Stadium

Multi Events Championship: May 30-31 @ North Delta

2025 All Comers Field Schedule

April 15	4:45	5:15	5:45	6:15
Shot Put	Sr Boys	Jr Boys	7 Girls	7 Boys
Discus	7 Boys	8 Boys	Jr Boys	Sr Boys
Javelin	Jr Girls	Sr Girls 5:30	8 Girls 6:00	
High Jump	8 Girls	7 Girls 5:30	Jr/Sr Girls 6:00	
Long Jump	7 Girls	Jr/Sr Girls 5:30	8 Girls 6:00	
Triple Jump	Jr Boys	Sr Boys	8 Boys 6:00	

April 22	4:45	5:15	5:45	6:15
Shot Put	Sr Girls	Jr Girls	8 Girls	8 Boys
Discus	7 Girls	8 Girls 5:30	Jr/Sr Girls 6:00	
Javelin	Jr Boys	Sr Boys	8 Boys	
High Jump	8 Boys	7 Boys	Sr Boys	Jr Boys
Long Jump	7 Boys	8 Boys	Jr Boys	Sr Boys
Triple Jump	8 Girls	Jr Girls 5:30	Sr Girls	

April 29	4:45	5:15	5:45	6:15
Shot Put	7 Girls	8 Girls	Jr Girls	Sr Girls
Discus	Jr Boys	Sr Boys	Sr Girls	Jr Girls
Javelin	Sr Boys	Jr Boys	8 Boys	
High Jump	7 Boys	8 Boys	Sr Boys	Jr Boys
Long Jump	Jr/Sr Girls	7 Girls 5:30	8 Girls 6:00	
Triple Jump	8 Boys	Jr Boys 5:30	Sr Boys	

May 6	4:45	5:15	5:45	6:15
Shot Put	7 Boys	8 Boys	Jr Boys	Sr Boys
Javelin	Jr Girls	Sr Girls	8 Girls 6:00	
Hammer Throw	Jr Boys	8 G/Sr Girls	8 B/Sr Boys	Jr Girls
High Jump	8 Girls	7 Girls 5:30	Jr/Sr Girls 6:00	
Long Jump	8 Boys	Sr Boys	7 Boys	Jr Boys
Triple Jump	Jr Girls	8 Girls 5:30	Sr Girls	