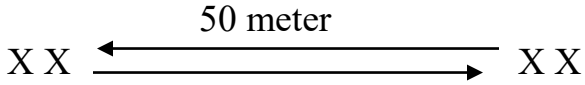
École Lumsden Elementary School
Grade 4-6 Track Meet
Thursday, June 11, 2026

Track Events will start as soon as possible with times subject to change.

Time			
8:55	**Meet outside by LES tent for Treaty Recognition and O Canada**		
9:15	100 m Heats 6G, 6B	***Start: Mr. Siemens Finish: Mr. Leggett***	
10:00	100 m Heats 5G, 5B	and Grade 8B students	
10:30	100 m Heats 4G, 4B		
11:00	Finals for 100m (if time allows)	Gr6G, Gr6B, Gr5G, Gr5B, Gr4G, Gr4B	
11:30	800	Gr6G, Gr6B Gr5G, Gr5B Gr4G Gr4B	
Lunch Break- please finish your field event before lunch!			
1:15	400	Gr6G, Gr6B Gr5G, Gr5B Gr4G Gr4B	Timed Final
2:00	200	Gr6G, Gr6B Gr5G, Gr5B Gr4G, Gr4B	Timed Final
2:15	Relays	50m sprint back and forth in front of bleachers- athletes run one length.	

2:45 Group relay activity if time allows. Eat a Freezie!



Field Events-Group leaders subject to change. Grade 8 helpers will assist at each event. They can also help with minor first aid and bathroom duties.

	Boys Gr.4	**Girls Gr. 4**	**Boys Gr. 5**	**Girls Gr. 5**	**Boys Gr. 6**	**Girls Gr. 6**
9:30	High 1	High 2	Triple 1	Throwing Events	Long 1	Long 2
	Long 3	Long 2	Throwing Events	Triple 2	Shot and throwing events	Triple 1
	Throwing Events	Triple 2	High 1	High 2	Triple 1	Shot and throwing events
	NOON	**NOON**	**NOON**	**NOON**	**NOON**	**NOON**
1:00	Triple 1	Throwing Events	Long 1	Long 2	High 1	High 2
					High 1	High 2

Ribbons for 1st-3rd in all events. Group leaders will hand out field event ribbons. Mr. L will be at the finish line.

***Each group will start at their designated starting place and continue in the order shown in chart.**
***All throwing events will be competed at your throwing event time slot.**
***Runners will be sent back to group leader once they have finished their race. i.e. 100m**