



**2023 Blue & Gold Intersquad Challenge**  
**Saturday, December 2<sup>nd</sup> @ 3:00pm**

**FINAL SCHEDULE**

**LOCATION:** LU Hanger

**HOSTED BY:** Lakehead Track & Field/XC

**AVAILABLE TO:** LRUN & LU T&F athletes only

**Competition Schedule:**

*\*Athletes will check-in at the registration table no later than 15min before their event  
& events run Women, followed by Men & U12/U14 first, then up the age categories\**

3:00pm	Senior Shot Put/Hammer Throw	<i>FINAL</i>	
3:15pm	<b>U12/U14+ 60m Heats (72/18)</b>	<b><i>Top-6Q</i></b>	<b><i>Heats: 8/2 + 2 + 3/1</i></b>
4:00pm	Exhibition 50m (6/11)	<i>Top-6Q</i>	<i>Heats: 1/2</i>
4:20pm	<b>U16+ 3km (4/10)</b>	<b><i>Timed Finals</i></b>	<b><i>Heats: 1</i></b>
4:45pm	Exhibition 500m (16/8)	<i>Timed Finals</i>	<i>Heats: 4/2</i>
5:15pm	<b>U12/U14+ 60m Finals (18/12)</b>	<b><i>FINAL</i></b>	<b><i>Heats: 3/2</i></b>
5:30pm	Exhibition 50m (6/6)	<i>FINAL</i>	<i>Heats: 1/1</i>
5:45pm	<b>U12/U14 150m (43/10)</b>	<b><i>Timed Finals</i></b>	<b><i>Heats: 11/3</i></b>
6:15pm	U12+ 300m (50/15)	<i>Timed Finals</i>	<i>7/2 + 3/1 + 3 + 1</i>
7:00pm	<b>U12/U14 4x200m (3/3)</b>	<b><i>Timed Finals</i></b>	<b><i>Heats: 1/1</i></b>
7:15pm	U16+ SMR (8/5)	<i>Timed Finals</i>	<i>Heats: 2/2</i>
7:45pm	<b>High Jump (Open)</b>	<b><i>FINAL</i></b>	

*\*Please ensure that you are checked-in & have received your race "hip-number" when you check-in\**

- **U12/U14 Races will be combined in some events to provide the best experience for the athletes.**
- **U16 and older Relays are Sprint-Medley Relays (200-200-400-800m)**
- *Coaches have already put you in categories according to your division at the Provincial Championships in March.*
- All races will run Women first, followed by Men.
- U12/U14 relays will be 4x200m, to align with Provincial Championships.
- All athletes must participate in their registered events, as designated by their coaches (assuming they are healthy to do so).
- Singlets will be available (no-charge) at the event.
- Questions?
- U16/U18 Men's 60m will be combined.
- High Jump, at the end of the meet, is only open to athletes approved to participate by their coaches – safety first!
- Remember, this is a FINAL SCHEDULE, however, events may be late due to the large number of heats & entries expected.