

# Niagara Region Christian School Track and Field – Senior Group Schedule

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Please Note: The uppercase signs represent the girls’ event locations. The lowercase signs represent the boys’ event locations. When the girls and boys compete at the same location there will only be an uppercase letter sign.

Rotation Time		9:30	9:55	10:20	10:45	11:10	11:35
Sex	Age	Station					
Girls	9	A	E	D	C	B	F
Boys	9	a	e	d	c	b	f
Girls	10	B	F	A	E	D	C
Boys	10	b	f	a	e	d	c
Girls	11	C	B	F	A	E	D
Boys	11	c	b	f	a	e	d
Girls	12	D	C	B	F	A	E
Boys	12	d	c	b	f	a	e
Girls	13+	E	D	C	B	F	A
Boys	13+	e	d	c	b	f	a

Aa- 100m/200m dash

Bb- High Jump

Cc- Ball Throw

Dd- Triple/Running Long Jump

Ee- Bathroom Break

Ff- Concession Stand/Lunch (Students who start here can use their bathroom break to attend the concession stand if they choose)

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Girls	10	B	F	A	E	D	C
Boys	10	b	f	a	e	d	c
Girls	11	C	B	F	A	E	D
Boys	11	c	b	f	a	e	d
Girls	12	D	C	B	F	A	E
Boys	12	d	c	b	f	a	e
Girls	13+	E	D	C	B	F	A
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