



Twilight Meet - 1 - May 7, 2026 - 4:30 PM to 7:30 PM

Gordie Howe Sports Complex

**Officials & Volunteers** (please arrive early to prepare your event)

<b>GATE</b> - MG x 1	High Jump - North - EH x 3	Long Jump - NW - STJ x 2 / BETH x 2
<b>Announcer</b> - CENT	High Jump - South - AB x 3	Long Jump - SE - BR x 2 / WM x 2
	Pole Vault - HC / BJM x 2	Track Marshals HC / CENT x2
	Shot Put EAST- WM x 3	Track Judges - EST x 2 (800 M)
	Shot Put WEST- STJ x 3	
<b>Starter</b> - SSSAD Assigned	Bart Gilbert	

**Events**

<b>100 M</b>	All Categories			High Jump - North	Girls
<b>800 M</b>	All Categories			High Jump - South	Boys
				Long Jump - NW	IG/JG
				Long Jump - SE	IG/SG
				Shot Put - East & West	All Categories
				Pole Vault	All Categories

**Rolling Schedule - All Times are Approximate**

Track			Field								
Time	Category	Event	Time	Event							
				Shot (EAST)	Shot (WEST)	HJ - North	HJ - South	LJ - NW	LJ - SE	Pole Vault	
<b>4:30 PM</b>	IG	100 M									
	IB	100 M	4:30 PM	IG	IB	JG/SG	JB/SB	JG	SG	IG/JG/SG	
	JG	100 M	5:00 PM								
	JB	100 M	5:30 PM	JG	JB						
	SG	100 M	6:00 PM			IG	IB	IG	IG	IB/IB/SB	
	SB	100 M	6:30 PM	SG	SB						
<b>6:30 PM</b>	IG	800 M	7:00 PM								
	IB	800 M									
	JG	800 M		<b>High Jump Progression</b>							
	JB	800 M	IG/JG/SG	1.25 M	1.35 M	1.40 M	1.45 M	1.50 M			
	SG	800 M	IB	1.40 M	1.45 M	1.50 M	1.55 M	1.60 M			
	SB	800 M	JB/SB	1.50 M	1.55 M	1.60 M	1.65 M	1.70 M			