Abbotsford Invitational

Tuesday, May 5th, 2026

(last updated Apr/26)

	Track Events		Field Events
10:00	Coaches' Meeting		
10:15	110mH Sr. Boys 36"	**10:15**	Discus Jr. Girls 1 kg
	100mH Jr. Boys 36" (all hurdlers must		Javelin Gr. 8 Girls (west field) 500g
	100mH Sr. Girls 33" wear spikes if		Long Jump Jr. Boys (north pit)
	100mH Gr. 8 Boys 33" track is wet)		High Jump Sr. Boys
	80mH Jr. Girls 30"		Javelin Gr. 8 Boys (east field) 600g
	80mH Gr. 8 Girls 30"		Long Jump Sr. Girls (south pit)
11:00	1500m Racewalk (Girls)	**11:00**	Pole Vault All Girls
	1500m Racewalk (Boys)		
11:30	400mH Sr. Boys 36"	**11:30**	Discus Sr. Boys
	400mH Sr. Girls 30"		
	300mH Jr. Girls 30"		
	300mH Jr. Boys 33"	**12:00**	Javelin Jr. Boys (east field) 700g
	200mH Gr. 8 Boys 30"		Long Jump Jr. Girls (south pit)
	200mH Gr. 8 Girls 30"		Javelin Sr. Girls (west field) 600g
			Long Jump Sr. Boys (north pit)
12:15	4x100m relay Sr. Boys		
	4x100m relay Sr. Girls		
	4x100m relay Jr. Boys	**12:30**	Discus Gr. 8 Boys 1 kg
	4x100m relay Jr. Girls		High Jump Sr. Girls
	4x100m relay Gr. 8 Boys		
	4x100m relay Gr. 8 Girls	**1:00**	Pole Vault All Boys
1:15	800m Sr. Boys		
	800m Sr. Girls		
	800m Jr. Boys	**1:30**	Discus Gr. 8 Girls 1 kg
	800m Jr. Girls		Long Jump Gr. 8 Boys (north pit)
	800m Gr. 8 Boys		Javelin Sr. Boys (east field) 800g
	800m Gr. 8 Girls		
2:00	200m Sr. Boys		
	200m Sr. Girls	**2:30**	Discus Sr. Girls 1 kg
	200m Jr. Boys		High Jump Jr. Boys
	200m Jr. Girls		Javelin Jr. Girls (west field) 500g
	200m Gr. 8 Boys		Long Jump Gr. 8 Girls (south pit)
	200m Gr. 8 Girls		
		3:15	Discus Jr. Boys 700g
3:30	3000m Senior Boys (heats may change		
	3000m Sr./Jr. Girls depending on		
	3000m Jr. Boys numbers)		
	3000m Gr. 8 Boys/Girls		

Abbotsford Invitational
Thursday, May 7th

	Track Events		Field Events
1:00	1500m Sr. Girls	**1:00**	Shot Put Gr. 8 Boys (west circle) 4kg
	1500m Sr. Boys		Triple Jump Sr. Boys (south pit)
	1500m Jr. Girls		Hammer Jr. Boys 5kg
	1500m Jr. Boys		High Jump Jr. Girls
	1500m Gr. 8 Girls		Triple Jump Gr. 8 Girls (north pit)
	1500m Gr. 8 Boys		Shot Put Sr. Girls (east circle) 4kg
2:00	400m Sr. Girls	**2:00**	Hammer Jr. Girls 3kg
	400m Sr. Boys		
	400m Jr. Girls		
	400m Jr. Boys	**2:30**	Shot Put Sr. Boys (west circle) 6kg
	400m Gr. 8 Girls		Triple Jump Gr. 8 Boys (south pit)
	400m Gr. 8 Boys		Triple Jump Jr. Girls (north pit)
3:00	2000m Steeplechase Sr. Boys 33”	**3:00**	Shot Put Gr. 8 Girls (east circle) 3kg
	2000m Steeplechase Sr. Girls 30”		High Jump Gr. 8 Boys
	1500m Steeplechase Jr. Boys 30”		Hammer Sr. Girls 4 kg
	1500m Steeplechase Jr. Girls 30”		Shot Put Jr. Boys (west circle) 5kg
3:45	100m Sr. Girls		
	100m Sr. Boys		
	100m Jr. Girls	**4:00**	Triple Jump Sr. Girls (north pit)
	100m Jr. Boys		Hammer Sr. Boys 6kg
	100m Gr. 8 Girls		Shot Put Jr. Girls (east circle) 3 kg
	100m Gr. 8 Boys		High Jump Gr. 8 Girls
			Triple Jump Jr. Boys (south pit)
5:15	4x400m relay Gr. 8 Girls		
	4x400m relay Gr. 8 Boys		
	4x400m relay Jr. Girls		
	4x400m relay Jr. Boys		
	4x400m relay Sr. Girls*		
	4x400m relay Sr. Boys*		
	* Seniors are last for this event only		