



G M A A

Greater Montreal Athletic Association – 5925 Monkland Ave, Suite 101, H4A 1G7

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**INDOOR TRACK & FIELD MEET  
COMPLEXE SPORTIF CLAUDE-ROBILLARD**

COACHES MEETING: 8:15 AM - MEET STARTS: 8:30 AM  
There is NO LUNCH BREAK events follow one after the other

**TRACK  
ORDER OF EVENTS**

3000m
60m H
800m
60m Heats
200m
1500m
60m Finals
400m
4 x 200m

All Track events are timed finals.

**Long Jump and Triple Jump  
ORDER OF EVENTS**

Long Jump	Ban
Triple Jump	Juv
Long Jump	Mid
Triple Jump	Ban
Long Jump	Juv
Triple Jump	Mid

**Schedule for High Jump and Shot Put**

	9:00	10:30	12:00
High Jump	Mid	Ban	Juv
Shot Put	Mid	Ban	Juv