

SESS Track & Field Meet

**Thursday, May 28,
2026**

Schedule of Events

8:25	Intermediate Teachers ensure they have all necessary recording sheets, pencils, and special equipment for their event/station. Check event site to ensure grounds are safe, clean, and equipment is ready to go.
8:30	Attendance, Discuss expectations of the day, PE attire, etc Set up of high jump by secondary student helpers.
9:00	Opening Welcome @ Secondary Field. Welcome Grade 4s! Secondary Student Leaders assigned. *TBD
9:10	100m Dash @ Secondary Field (Grade/Gender groups will be called up. Heats = TBD); other students watch @ sidelines. Head straight to next event following Dash.

<i>* try to stick to times please!</i>	High Jump	Long Jump	Ball Throw	200m		
9:30-10:00	7	6	5	4		
10:00-10:15	Recess Break					
10:15-10:45	4	7	6	5		
10:45-11:15	5	4	7	6		
11:15-11:45	6	5	4	7		
11:45-12:15	Marathon Junior- 3 laps	Senior- 4 laps	<i>*Clean-up of all field events</i>			
12:15-1:10	Lunch Break					
1:10-2:00	R	E	L	A	Y	S
	Gr 4 Girls, Boys, Mixed	Gr 5 Girls, Boys, Mixed	Gr 6 Girls, Boys, Mixed	Gr 7 Girls, Boys, Mixed		
Before 2:35	Clean-Up! (all staff & students)					