

# OTTAWA-GLANDORF GOLD MEDAL TRACK AND FIELD MEET- APRIL 13, 2018

4:30 pm

## FIELD EVENTS

Girls Pole Vault	Five Alive
Boys Shot Put	Top Seven to Finals
Girls Discus	Top Seven to Finals
Girls High Jump	Five Alive
Boys Long Jump	Two Flights Seeded - Top Seven to Finals

At Conclusion  
of above  
Events

Boys Pole Vault	Five Alive
Girls Shot Put	Top Seven to Finals
Boys Discus	Top Seven to Finals
Boys High Jump	Five Alive
Girls Long Jump	Two Flights Seeded - Top Seven to Finals

5:30 pm

## FINALS

Girls 3200 Meter Relay  
Boys 3200 Meter Relay

## RUNNING EVENT FINALS – HOT HEATS

Girls 100 Meter Intermediate Hurdles  
Boys 110 Meter High Hurdles  
Girls 100 Meter Dash  
Boys 100 Meter Dash  
Girls 800 Meter Relay  
Boys 800 Meter Relay  
Girls 1600 Meter Run  
Boys 1600 Meter Run  
Girls 400 Meter Relay  
Boys 400 Meter Relay  
Girls 400 Meter Dash  
Boys 400 Meter Dash  
Girls 300 Meter Low Hurdles  
Boys 300 Meter Intermediate Hurdles  
Girls 800 Meter Run  
Boys 800 Meter Run  
Girls 200 Meter Dash  
Boys 200 Meter Dash  
Girls 3200 Meter Run  
Boys 3200 Meter Run  
Girls 1600 Meter Relay  
Boys 1600 Meter Relay