



2024

TONY COTE SUMMER GAMES

Hosted by the Lac La Ronge Indian Band

AUGUST 10-16, 2024



ATHLETICS

Cross Country

Cross Country Course, Monday August 12

10:00am – number pick -up and coaches/scratch meeting

12:00pm - 2km – 13U – Men and Women

12:40pm - 3km – 15U Women & 17U Women & 15U Men

1:20pm – 4km – 17U Men

Track & Field Schedule

Tuesday August 13, 2024

If fewer than 8 competitors, final will be run at the heat time.

Track Events

Field Events

10:30	80m	13U W	Prelim
10:45	80m	13U M	Prelim
11:00	100m	15U W	Prelim
11:15	100m	15U M	Prelim
11:30	100m	17U W	Prelim
11:45	100m	17U M	Prelim

9:30	Javelin	17U Women
10:30	Long Jump	15U Women
10:45	High Jump	13U Women

1:00pm	3000m	17U W	T Final
1:20pm	3000m	17U M	T Final
1:40pm	2000m	15U W	T Final
2:00pm	2000m	15U M	T Final

12:00	Shot Put	15U Women
12:00	Javelin	15U Men
12:00	Long Jump	17U Women

1:00	Long Jump	15U Men
1:00	Javelin	15U Women

3:00	80m	13U W	Final
3:05	80m	13U M	Final
3:10	100m	17U W	Final
3:15	100m	17U M	Final
3:20	100m	15U W	Final
3:25	100m	15U M	Final

2:00	Shot Put	17U Women
2:00	High Jump	17U Men
2:15	Triple Jump	15U Women
3:00	Shot Put	13U Men
3:00	Javelin	17U Men
4:30	Javelin	13U Women





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ATHLETICS

**Track & Field Schedule
Wednesday August 14, 2024**

If fewer than 8 competitors, final will be run at the heat time.

Track Events

Field Events

9:00	200m	U15 W	Prelim	9:00	Discus	17U Women
9:15	200m	U15 M	Prelim	9:00	High Jump	15U Men
9:30	200m	U17 W	Prelim	9:00	Long Jump	13U Women
9:45	200m	U17 M	Prelim	9:00	Shot Put	17U Men
10:00	150m	U13 W	Prelim			
10:15	150m	U13 M	Prelim			
				10:30	Discus	13U Women
				10:30	Long Jump	17U Men
11:00am	800m	15U W	T Final	10:30	High Jump	17U Women
11:15am	800m	15U M	T Final			
11:30am	800m	17U W	T Final	12:00	Discus	15U Men
11:45pm	800m	17U M	T Final			
12:00pm	800m	13U W	T Final			
12:15pm	800m	13U M	T Final			
				2:00	High Jump	13U Men
				2:00	Discus	15U Women
				2:00	Shot Put	15U Men
2:50	200m	17U W	Final	2:30	Triple Jump	17U Men
2:55	200m	17U M	Final			
3:00	200m	15U W	Final			
3:05	200m	15U M	Final			
3:10	150m	13U W	Final			
3:15	150m	13U M	Final			
				4:00	High Jump	15U Women
4:10	1500m	17U W	T Final	4:00	Triple Jump	15U Men
4:30	1500m	17U M	T Final	4:15	Discus	13U Men
4:50	1200m	15U W	T Final			
5:05	1200m	15U M	T Final			





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ATHLETICS

**Track & Field Schedule
Thursday August 15, 2024**

Track Events

Field Events

9:30	300m	15U W	T Final	9:00	Long Jump	13U Men
9:45	300m	15U M	T Final	9:00	Discus	17U Men
10:00	400m	17U W	T Final	9:00	Shot Put	13U Women
10:10	400m	17U M	T Final			
				10:15	Triple Jump	17U W
11:15	4x100R	13U W	T Final	10:40	Javelin	13UMen
	4x100R	13U M	T Final			
	4x100R	15U W	T Final			
	4x100R	15U M	T Final			
	4x100R	17U W	T Final			
	4x100R	17U M	T Final			

Relays will
run back to
back -
times not
necessarily
followed

