

DISTRICT TRACK MEET TIME SCHEDULE

OPTION #1: Two Horizontal Jumps Runways and Separate Pole Vault Runway

10:00 Coaches Meeting

Shot and Discus – 3 Prelim Throws, 3 Final Throws, 9 to Finals

1:00	Boys Discus – Finals Follow
1:00	Girls Shot Put – Finals Follow
11:00	Boys Shot Put – Finals Follow
11:00	Girls Discus – Finals Follow

Long Jump and Triple Jump – 3 Prelim Jumps, 3 Final Jumps, 9 to Finals **Finals Follow the Prelims**

11:00	Boys Long Jump Runway #1	Cafeteria Style (1.5 Hours)
11:00	Girls Long Jump Runway #2	Cafeteria Style (1.5 Hours)
1:00	Boys Triple Jump Runway #1	Cafeteria Style (1.5 Hours)
1:00	Girls Triple Jump Runway #2	Cafeteria Style (1.5 Hours)
11:00	Girls High Jump (3 alive)	Starting Height _____
1:00	Boys High Jump (3 alive)	Starting Height _____
11:00	Boys Pole Vault (5 alive)	Starting Height _____
1:00	Girls Pole Vault (5 alive)	Starting Height _____

Preliminary Running Events – Beginning at 11:30

11:30	Boys 110 meter high hurdles	Prelim
11:45	Girls 100 meter (33" hurdles)	Prelim
11:55	Boys 100 meter dash	Prelim
12:05	Girls 100 meter dash	Prelim
12:15	Girls 3200 meter relay	Final Box Alley
12:30	Boys 3200 meter relay	Final Box Alley
12:45	Boys 200 meter dash	Prelim
12:55	Girls 200 meter dash	Prelim

Finals – Beginning at 1:30

1:30	Girls 100 meter (33" hurdles)	Final
1:40	Boys 110 meter high hurdles	Final
1:50	Girls 100 meter dash	Final
1:55	Boys 100 meter dash	Final
2:10	Girls 4 x 200 meter relay	(Heats vs. Time)
2:20	Boys 4 x 200 meter relay	(Heats vs. Time)
2:30	Girls 1600 meter run	Box Alley Start
2:45	Boys 1600 meter run	Box Alley Start
3:00	Girls 4 x 100 meter relay	(Heats vs. Time)
3:10	Boys 4 x 100 meter relay	(Heats vs. Time)
3:20	Girls 400 meter dash	(Heats vs. Time)
3:30	Boys 400 meter dash	(Heats vs. Time)
3:45	Girls 300 meter hurdles	(Heats vs. Time)
4:00	Boys 300 meter hurdles	(Heats vs. Time)
4:15	Girls 800 meter run	Box Alley Start
4:25	Boys 800 meter run	Box Alley Start
4:40	Girls 200 meter dash	Final

4:45 Boys 200 meter dash
4:55 Girls 3200 meter run
5:10 Boys 3200 meter run
5:25 Girls 4 x 400 meter relay
5:35 Boys 4 x 400 meter relay

Final
Box Alley Start
Box Alley Start
3 turn stagger Heats vs. Time
3 turn stagger Heats vs. Time