

District Track Meet Time Schedule
St. Joseph Christian – St. Joseph, MO
Class 1 District 7

10:00 Coaches Meeting

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

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

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

11:00	Girls Long Jump – North	Cafeteria Style (1.5 Hours)
	Girls High Jump (3Alive)	
	Boys Pole Vault (5 Alive) – South	
1:00	Boys Long Jump – South	Cafeteria Style (1.5 Hours)
	Girls Triple Jump – North	Cafeteria Style (1.5 Hours)
	Boys High Jump (3 Alive)	
3:00	Boys Triple Jump – North	Cafeteria Style (1.5 Hours)
	Girls Pole Vault (5 Alive) – South	

Preliminary Running Events – Beginning at 11:30

11:30	Boys 110m High Hurdles	Prelim
11:45	Girls 100m (33") Hurdles	Prelim
11:55	Boys 100m Dash	Prelim
12:05	Girls 100m Dash	Prelim
12:15	Girls 3200m Relay	Final-Box Alley
12:30	Boys 3200m Relay	Final-Box Alley
12:45	Boys 200m Dash	Prelim
12:55	Girls 200m Dash	Prelim

Finals – Beginning at 1:30

1:30	Girls 100m (33") Hurdles	Final
1:40	Boys 110m High Hurdles	Final
1:50	Girls 100m Dash	Final
1:55	Boys 100m Dash	Final
2:10	Girls 4 x 200m Relay	(Heats vs. Time)
2:20	Boys 4 x 200m Relay	(Heats vs. Time)
2:30	Girls 1600m Run	Box Alley Start
2:45	Boys 1600m Run	Box Alley Start
3:00	Girls 4 x 100m Relay	(Heats vs. Time)
3:10	Boys 4 x 100m Relay	(Heats vs. Time)
3:20	Girls 400m Dash	(Heats vs. Time)
3:30	Boys 400m Dash	(Heats vs. Time)
3:45	Girls 300m Hurdles	(Heats vs. Time)
4:00	Boys 300m Hurdles	(Heats vs. Time)
4:15	Girls 800m Run	Box Alley Start
4:25	Boys 800m Run	Box Alley Start
4:40	Girls 200m Dash	Final
4:45	Boys 200m Dash	Final
4:55	Girls 3200m Run	Box Alley Start
5:10	Boys 3200m Run	Box Alley Start
5:25	Girls 4 x 400m Relay	3 Turn Stagger (Heats vs. Time)
5:35	Boys 4 x 400m Relay	3 Turn Stagger (Heats vs. Time)