

## DISTRICT TRACK MEET TIME SCHEDULE

**10:00 Coaches Meeting**

**10:30 Field Event Implement Check In**

**We will not get ahead of this schedule but we may get behind**

### Shot and Discus 3 Prelim Throws, 3 Final Throws, 7 to Finals

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

### Long and Triple Jump 3 Prelim Jumps, 3 Final Jumps, 7 to Finals

11:00 Boys Long Jump S.E. Runway Cafeteria Style (1.5 Hours)  
 1:00 Girls Long Jump S.E. Runway Cafeteria Style (1.5 Hours)  
 11:00 Girls Triple Jump N.E. Runway Cafeteria Style (1.5 Hours)  
 1:00 Boys Triple Jump N.E. Runway Cafeteria Style (1.5 Hours)  
 11:00 Girls High Jump (3 alive) Starting Height – 4’ 4”  
 1:00 Boys High Jump (3 alive) Starting Height – 5’ 2”  
 11:00 Boys Pole Vault (5 alive) Starting Height – 8’  
 1:00 Girls Pole Vault (5 alive) Starting Height – 6’

### Preliminary Running Events

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 Alley Start  
 12:30 Boys 3200 Meter relay Final Alley Start  
 12:45 Boys 200 Meter dash Prelim  
 12:55 Girls 200 Meter dash Prelim

### Finals

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	Alley Start
2:45	Boys 1600 meter run	Alley Start
3:00	Girls 4 x 100 meter relay	Heat vs Time
3:10	Boys 4 x 100 meter relay	Heat vs Time
3:20	Girls 400 meter dash	Heat vs Time
3:30	Boys 400 meter dash	Heat vs Time
3:45	Girls 300 meter hurdles	Heat vs Time
4:00	Boys 300 meter hurdles	Heat vs Time
4:15	Girls 800 meter run	Heat vs Time
4:25	Boys 800 meter run	Heat vs Time
4:40	Girls 200 meter dash	Final
4:45	Boys 200 meter dash	Final
4:55	Girls 3200 meter run	Alley Start
5:10	Boys 3200 meter run	Alley Start
5:25	Girls 4 x 400 meter relay	3 turn stagger Heats vs Time
5:35	Boys 4 x 400 meter relay	3 turn stagger Heats vs Time