

DISTRICT TRACK MEET TIME SCHEDULE

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 PRELIMS

11:00 BOYS LONG JUMP RUNWAY #1 CAFETERIA STYLE (1.5 HRS)
11:00 GIRLS LONG JUMP RUNWAY #2 CAFETERIA STYLE (1.5 HRS)
1:00 BOYS TRIPLE JUMP RUNWAY #1 CAFETERIA STYLE (1.5 HRS)
1:00 GIRLS TRIPLE JUMP RUNWAY #2 CAFETERIA STYLE (1.5 HRS)
11:00 GIRLS HIGH JUMP (3 ALIVE)
1:00 BOYS HIGH JUMP (3 ALIVE)
11:00 BOYS POLE VAULT (5 ALIVE)
1:00 GIRLS POLE VAULT (5 ALIVE)

PRELIMINARY RUNNING EVENTS – BEGINNING AT 11:30

11:30 BOYS 110M HIGH HURDLES PRELIM
11:45 GIRLS 100M 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 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 (HEAT VS. TIME)
2:20 BOYS 4 X 200M RELAY (HEAT 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 (HEAT VS. TIME)
3:10 BOYS 4 X 100M RELAY (HEAT VS. TIME)
3:20 GIRLS 400M DASH (HEAT VS. TIME)
3:30 BOYS 400M DASH (HEAT VS. TIME)
3:45 GIRLS 300M HURDLES (HEAT VS. TIME)
4:00 BOYS 300M HURDLES (HEAT 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

WE WILL NOT GET AHEAD OF THIS SCHEDULE, BUT WE MAY GET BEHIND