

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 (Heats vs. Time)
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 Box Alley Start
4:55 Girls 3200 meter run Box Alley Start
5:10 Boys 3200 meter run Box 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

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

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 Box Alley Start
4:55 Girls 3200 meter run Box Alley Start
5:10 Boys 3200 meter run Box 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

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