

## District Track Meet Time Schedule

### **Option #1**

### **2 Horizontal Jumps Runways & 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 (1.5Hour)  
11:00.....Girls Long Jump Runway #2 Cafeteria Style (1.5Hours)  
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 Begin.....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 Box alley start  
12:30.....Boys 3200 meter relay Box alley start  
12:45.....Boys 200 meter dash Prelim  
12:55.....Girls 200 meter dash Prelim

#### **Finals Begin.....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 Final  
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.**