

# Class 3/District 5 Track Meet Time Schedule

10:00 am Coaches Meeting (Mezzanine level of new gym)

## 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 Triple Jump Runway #2	Cafeteria Style (1.5 Hours)
1:00	Boys Triple Jump Runway #2	Cafeteria Style (1.5 Hours)
1:00	Girls Long Jump Runway #1	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	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.**