

# 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 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.***