

Class 4 District 4 Track and Field Meet Time Schedule

10:00 a.m. Coach's Meeting. This meeting will take place in the gym at Howell North High School.

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 Starting Height_____

1:00 Boys High Jump 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 run Prelim

12:55 Girls 200 meter run Prelim

Finals-Beginning at 1:30

1:30	Girls 100 meter (33" hurdles)	Final
1:40	Boys 110 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 run	Heats vs Time
3:30	Boys 400 meter run	Heats vs Time
3:45	Girls 300 intermediate Hurdles	Heats vs Time
4:00	Boys 300 intermediate 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 conditions may warrant that we get behind.