

Class 3 District 4 Time Schedule

All running will be contested by Boys followed by Girls

Coaches Meeting: 8:45am @ Middle of the Football Field

Field Events

****Long Jump, Triple Jump and Javelin will be Cafeteria Style****

<u>9:30 am</u>	<u>9:30am</u>	<u>11:30am</u>	<u>11:30 am</u>	<u>12:00pm</u>
B Shot Put	B Long Jump	B Discus	G High Jump	B Pole Vault
G Triple Jump	G Discus	G Shot Put	B Triple Jump	
G Pole Vault	B High Jump	B Javelin	G Long Jump	
G Javelin				

Preliminary Running Events

B 110 meter hurdles	10:30
G 100 meter hurdles	10:40
B 100 meter dash	10:50
G 100 meter dash	10:55
B 4x800 meter relay (Final)	11:00
G 4x800 meter relay (Final)	11:10
B 200 meter dash	11:20
G 200 meter dash	11:30

Running Events (Finals)

B 110 m Hurdles	12:00
G 100 m Hurdles	12:10
B 100 m Dash	12:15
G 100 m Dash	12:20
B 4 x 200m Relay	12:30
G 4 x 200 m Relay	12:35
B 1600 m	12:40
G 1600 m	12:55
B 4 x 100 m Relay	1:05
G 4 x 100 m Relay	1:10
B 400 m Dash	1:15
G 400 m Dash	1:25
B 300 Intermediate Hurdles	1:35
G 300 Intermediate Hurdles	1:45
B 800 m Run	2:00
G 800 m Run	2:10
B 200 m Run	2:20
G 200 m Run	2:25
B 3200m Run	2:30
G 3200m Run	2:45
B 4 x 400m Relay	3:00
G 4 x 400m Relay	3:10