

District 1-AA Track Meet

Thursday, April 4, 2019

Running Final

9:00 3200 Meter Run ** Final**

Running Preliminaries

10:00 100 Meter Hurdles
110 Meter Hurdles
10:15 100 Meter Dash
10:30 400 Meter Dash
10:45 300 Meters Low Hurdles
300 Meter Int. Hurdles
11:00 200 Meter Dash

Field Events

	<u>PV</u>	<u>LJ</u>	<u>TJ</u>	<u>HJ</u>	<u>Discus</u>	<u>Shot</u>
12:00	VB	JVB	VG	VB	VG	VB
1:00	VG	VG	VB	JVB	VB	JVB
2:00	JVB	VB	JVB	VG	JVB	VG

(Over 12 competitors we will flight with 10 minutes warm up between each)

3:00 Break Lunch

Time

Running Final

4:00	400 Relay	JVB, VG, VB
4:15	800 Meter Run	JVB, VG, VB
4:30	100 Meter Low Hurdles	VG
4:35	110 Meter High Hurdles	JVB, VB
4:45	100 Meter Dash	JVB, VG, VB
5:00	800 Relay	JVB, VG, VB
5:15	400 Meter Dash	JVB, VG, VB
5:30	300 Meter Low Hurdles	VG
5:35	300 Meter Int. Hurdles	JVB, VB
5:45	200 Meter Dash	JVB, VG, VB
6:00	1600 Meter Run	JVB, VG, VB
6:20	1600 Relay	JVB, VG, VB