

District 1-AA Track Meet

Thursday, April 7, 2022

4:00 – Scratch Meeting (We can use Thursday as a possible pole vault day if the weather is best.)

5:00 – 3200 Meter Run (Finals) (All-Divisions)

6:00 – Running Prelims (All Divisions where needed)

6:00 – 100 Meter Hurdles / 110 Meter Hurdles

6:15 – 100 Meter Dash

6:35 – 400 Meter Dash

6:50 – 300 Meter Hurdles

7:15 – 200 Meter Dash

Friday, April 8, 2022

8:00 a.m. – Scratch Meeting

9:30 a.m. – Field Events Start

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

	PV	LJ	TJ	HJ	Discus	Shot
9:30	VB	JVB	VG	VB	VG	VB
10:30	VG	VG	VB	JVB	VB	JVB
11:30	JVB	VB	JVB	VG	JVB	VG

12:30 – Lunch Break

Running Finals

2:00 400 Relay JVG, JVB, VG, VB

2:15 800 Meter Run JVG, JVB, VG, VB

2:35 100 Meter Low Hurdles JVG, VG

2:40 110 Meter High Hurdles JVB, VB

2:50 100 Meter Dash JVG, JVB, VG, VB

3:05 800 Relay JVG, JVB, VG, VB

3:25 400 Meter Dash JVG, JVB, VG, VB

3:40 300 Meter Low Hurdles JVG, VG

3:45 300 Meter Int. Hurdles JVB, VB

3:55 200 Meter Dash JVG, JVB, VG, VB

4:05 1600 Meter Run JVG, JVB, VG, VB

4:45 1600 Relay JVG, JVB, VG, VB