

Single Classification

Track & Field Championships

Friday, May 1st

3200M Run:

8:00 AM All divisions or as soon as weather allows you to start.

RUNNING PRE-LIMS on a rolling schedule if weather is anywhere near permissible. Start at 8:30 AM or as soon as the 3200 has ended.

4 X 100 Relay

100/110 Hurdles

100M Dash

4 X 200 Relay

400 Meter Dash

300 Hurdles

200 Meter Dash

4 X 400 M RELAY

Saturday, May 2nd

Implement weigh in 7:00 AM – 7:30 AM or whatever time you designate

Field Events (8 to finals in TJ, LJ, SP & Discus)

GIRLS

9:00 AM Shot Put, High Jump

10:00 AM Triple Jump

11:00 AM

12:00 PM Discus, Pole Vault

1:00 PM Long Jump

BOYS

Long Jump, Pole Vault

Discus

High Jump

Triple Jump

Shot Put

2:30-3:30 track open for relay exchanges

Running FINALS

4:00PM	4 X 100 Relay
4:15PM	800 Meter Run
4:30PM	100/110 Hurdles
5:00PM	100M Dash
5:15PM	4 X 200 Relay
5:30PM	400 Meter Dash
5:45PM	300 Hurdles
6:00PM	200 Meter Dash
6:15PM	1600 Meter Run
6:30PM	4 X 400 M RELAY