

Class 3 District 3 Time Schedule

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

Implement weigh in 8:15am

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				

Running Events (Finals)

B 4x800 meter relay (Final)	11:00
G 4x800 meter relay (Final)	11:10
B 110 m Hurdles	11:20
G 100 m Hurdles	11:30
B 100 m Dash	11:40
G 100 m Dash	11:50
B 4 x 200m Relay	12:00
G 4 x 200 m Relay	12:05
B 1600 m	12:10
G 1600 m	12:20
B 4 x 100 m Relay	12:30
G 4 x 100 m Relay	12:40
B 400 m Dash	12:45
G 400 m Dash	12:55
B 300 Intermediate Hurdles	1:05
G 300 Intermediate Hurdles	1:15
B 800 m Run	1:30
G 800 m Run	1:40
B 200 m Run	1:50
G 200 m Run	2:00
B 3200m Run	2:10
G 3200m Run	2:25
B 4 x 400m Relay	2:40
G 4 x 400m Relay	2:50