

3A/4A/5A State Track and Field Championship
Time Schedule

16 ATHLETES TO STATE→ON CAMPUS SITE

Friday Running Events			
5:30	3200 m Finals	3, 4, 5A	G then B
	<i>6 heats (1 heat- 2 athletes per lane for start) (20 minutes per heat)</i>		
7:45	4x800 Relay Finals	3, 4, 5A	G then B
	<i>6 Heats (2 teams per lane) (15 minutes per heat)</i>		

Room For Prelims If Needed

Friday Field Events			
5:00	Long Jump	3A	G and B
	Shot Put	5A	Girls
	Discus	5A	Boys
	Pole Vault	4A	Girls
	Javelin	3A	Girls
6:30	High Jump	5A	G & B
	Shot Put	5A	Boys
	Discus	5A	Girls
	Javelin	3A	Boys
	Pole Vault	4A	Boys
7:30	High Jump	4A	G & B
8:00	Shot Put	4A	Girls
	Discus	4A	Boys
	Pole Vault	5A	Boys
	Javelin	5A	Girls
8:30	High Jump	3A	G & B

Saturday Running Events			
9:30	4x100 Relay Finals	3, 4, 5A	G then B
	<i>12 heats (3 minutes per heat)</i>		
10:30	High Hurdle Finals	3, 4, 5A	G then B
	<i>12 heats (4 minutes per heat)</i>		
11:15	100 m Finals	3, 4, 5A	G then B
	<i>6 heats (3 minutes per heat- 10 minutes to move hurdles)</i>		
11:50	1600 m Finals	3, 4, 5A	G then B
	<i>16 per heat- (1 heat- 2 athletes per lane for start) 6 heats (9 minutes per heat)</i>		
12:45	400 m Finals	3, 4, 5A	G then B
	<i>12 heats (3 minutes per heat)</i>		
1:20	400 Hurdles Finals	3, 4, 5A	G then B
	<i>12 heats (4 minutes per heat)</i>		
2:05	800 m Finals	3, 4, 5A	G then B
	<i>16 per heat- (1 heat- 2 athletes per lane for start) 6 heats (5 minutes per heat)</i>		
2:35	200 m Finals	3, 4, 5A	G then B
	<i>12 heats (3 minutes per heat)</i>		
3:10	4x400 Relay Finals	3, 4, 5A	G then B
	<i>12 heats (5 minutes per heat)</i>		

Saturday Field Events			
8:00	Long Jump	5A	G & B
	Pole Vault	3A	Girls
	Shot Put	3A	Girls
	Discus	3A	Boys
	Javelin	5A	Boys
9:30	Long Jump	4A	G & B
	Pole Vault	3A	Boys
	Discus	3A	Girls
	Shot Put	3A	Boys
	Javelin	4A	Girls
11:00	Triple Jump	3A	G & B
	Shot Put	4A	Boys
	Discus	4A	Girls
	Pole Vault	5A	Girls
12:30	Triple Jump	4A	G & B
	Javelin	4A	Boys
2:00	Triple Jump	5A	G & B

1A/2A State Track and Field Championship Time Schedule	
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16 ATHLETES TO STATE → ON CAMPUS SITE

Wednesday Running Events			
5:30	3200 m Finals	1A, 2A	G then B
	<i>4 heats (1 heat- 2 athletes per lane for start) (20 minutes per heat)</i>		
7:30	4x800 Relay Finals	1A, 2A	G then B
	<i>4 Heats (2 teams per lane) (15 minutes per heat)</i>		

Room For Prelims If Needed

Wednesday Field Events			
5:00	Long Jump	1A	G and B
	Shot Put	2A	Girls
	Discus	2A	Boys
	Pole Vault	1A	Girls
	Javelin	1A	Girls
6:30	High Jump	2A	G & B
	Shot Put	2A	Boys
	Discus	2A	Girls
	Javelin	1A	Boys
	Pole Vault	1A	Boys
8:00	High Jump	1A	G & B
	Shot Put	1A	Girls
	Discus	1A	Boys

Thursday Running Events			
5:00	4x100 Relay Finals	1A, 2A	G then B
	<i>8 heats (3 minutes per heat)</i>		
5:25	High Hurdle Finals	1A, 2A	G then B
	<i>8 heats (4 minutes per heat)</i>		
5:55	100 m Finals	1A, 2A	G then B
	<i>8 heats (3 minutes per heat)</i>		
6:20	1600 m Finals	1A, 2A	G then B
	<i>16 per heat- (1 heat- 2 athletes per lane for start) 4 heats (9 minutes per heat)</i>		
6:55	400 m Finals	1A, 2A	G then B
	<i>8 heats (3 minutes per heat)</i>		
7:20	400 Hurdles Finals	1A, 2A	G then B
	<i>8 heats (4 minutes per heat)</i>		
7:50	800 m Finals	1A, 2A	G then B
	<i>16 per heat- (1 heat- 2 athletes per lane for start) 4 heats (5 minutes per heat)</i>		
8:10	200 m Finals	1A, 2A	G then B
	<i>8 heats (3 minutes per heat)</i>		
8:35	4x400 Relay Finals	1A, 2A	G then B
	<i>8 heats (5 minutes per heat)</i>		

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