

# TRACK & FIELD MEET

Please note that the times listed below are estimates. Events will start immediately following the completion of their preceding event. The change over from Track to Field should begin ASAP, before 12:20 preferred.

## A.M. Start- GIRLS' TRACK EVENTS / BOYS' FIELD EVENTS

TIME	EVENT		Est. TIME	HIGH JUMP	LONG JUMP	SHOT PUT	TRIPLE JUMP
9:00	100 HEAT		9:15	9 BOYS	12 BOYS	13 BOYS	11 BOYS
	100 FINAL						
	800 TIMED FINAL		9:45	11 BOYS	9 BOYS	12 BOYS	13 BOYS
	200 TIMED FINAL		10:15	10 BOYS	13 BOYS		12 BOYS
<b>10:40-11:20 1<sup>st</sup> Nutrition Break</b>							
	400 TIMED FINAL		11:20	12 BOYS	10 BOYS	11 BOYS	9BOYS
			11:50	13 BOYS	11 BOYS		10 BOYS

## P.M. BOYS' TRACK EVENTS / GIRLS' FIELD EVENTS

TIME	EVENT		Est. TIME	HIGH JUMP	LONG JUMP	SHOT PUT	TRIPLE JUMP
12:20	100 HEAT		12:20	9 GIRLS	12 GIRLS	13 GIRLS	11 GIRLS
	100 FINAL						
<b>1:00-1:50 2nd Nutrition Break</b>							
	800 TIMED FINAL		1:50	11 GIRLS	9 GIRLS	12 GIRLS	13 GIRLS
	200 TIMED FINAL		2:15	10 GIRLS	13 GIRLS		12 GIRLS
	400 TIMED FINAL		2:40	12 GIRLS	10 GIRLS	11 GIRLS	9 GIRLS
			3:05	13 GIRLS	11 GIRLS		10 GIRLS