

# DISTRICT 1-1A TRACK MEET

Sunray High School

APRIL 11<sup>th</sup>, 2014

**8:00 – 8:30** weigh in – shot and discus/ Scratch Meeting (New Gym Commons)

**9:00 a.m.** 3200 m Run - VG, JVB, VB

**RUNNING PRELIMINARIES** – start at 10:00 a.m.

10:00 100/ 110 M Hurdles (If needed)

10:15 100 M Dash

10:30 400 M Dash

10:45 300 M Hurdles (if needed)

11:00 200 M Dash

(\*Events will be run in this order: VG, JVB, VB)

**FIELD EVENTS -** (event sites open at 11:30 am)

	<b>PV</b>	<b>LJ</b>	<b>TJ</b>	<b>HJ</b>	<b>DISCUS</b>	<b>SHOT</b>
<b>12:00</b>	<i>VG</i>	<i>JVB</i>	<i>VB</i>	<i>VG</i>	<i>VB</i>	<i>VG</i>
<b>1:00</b>	<i>VB</i>	<i>VG</i>	<i>JVB</i>	<i>VB</i>	<i>JVB</i>	<i>VB</i>
<b>2:00</b>	<i>JVB</i>	<i>VB</i>	<i>VG</i>	<i>JVB</i>	<i>VG</i>	<i>JVB</i>

**RUNNING FINALS** stay on time schedule (time allotted between races)

4:00 400 M Relay

4:15 800 M Run

4:30 100 M Hurdles

4:40 110 M Hurdles

4:50 100 M Dash

5:05 800 M Relay

5:20 400 M Dash

5:30 300 M Hurdles

5:50 200 M Dash

6:00 1600 M Run

6:20 1600 M Relay