

C3-S2 & C4-S3 Time Schedule

All running will be contested by class and gender with class 3 followed by class 4.

Coaches Meeting: 9:00am @ Middle School Commons

Field Events

10:00am - Class 3

B Pole Vault
G Shot Put
B Discus
G High Jump

11:00 - Class 4

B Pole Vault
G Shot Put
B Discus
G High Jump

10:00 am Class 4

G Long Jump
B Triple Jump
G Javelin

11:00 Class 3

G Long Jump
B Triple Jump
G Javelin

12:00pm - Class 3

B High Jump
B Shot put
G Discus
G Pole Vault

1:00 - Class 4

B High Jump
B Shot Put
G Discus
G Pole Vault

12:00 - Class 4

G Triple Jump
B Long Jump
B Javelin

1:00 Class 3

G Triple Jump
B Long Jump
B Javelin

Running Events:

G 4 x 800 m Relay	11:00
B 4 x 800 m Relay	11:30
G 100 m Hurdles	12:00
B 100 m Hurdles	12:10
G 100 m Dash	12:20
B 100 m Dash	12:30
G 4 x 200m Relay	12:40
B 4 x 200 m Relay	12:50
G 1600 m	1:00
B 1600 m	1:20
G 4 x 100 m Relay	1:40
B 4 x 100 m Relay	1:50
G 400 m Dash	2:00
B 400 m Dash	2:10
G 300 Intermediate Hurdles	2:20
B 300 Intermediate Hurdles	2:30
G 800 m Run	2:40
B 800 m Run	2:50
G 200 m Run	3:00
B 200 m Run	3:10
G 3200 m Run	3:20
B 3200 m Run	3:50
G 4 x 400 m Relay	4:20
B 4 x 400 m Relay	4:30