

3A District 1 Track and Field Championships

Shoreline Stadium

Wednesday May 17, 2023

4:15pm Coaches Meeting

Field Events

5:00 Girls-Pole Vault
5:00 Boys-Javelin
5:00 Boys and Girls-Long Jump
5:30 Boys-High Jump
5:30 Boys-Shot
5:30 Girls-Discus

Running Events

5:55pm **National Anthem**
6:00pm Girls 4x200
6:15pm Boys 110m High Hurdles
6:25pm Girls 100m Int. Hurdles
6:35pm Boys 100m Dash
6:45pm Girls 100m Dash
6:55pm Boys 1600m Run
7:05pm Girls 1600m Run
7:15pm Boys 400m Dash
7:25pm Girls 400m Dash

Friday May 19, 2023

4:45pm Coaches Meeting

Field Events

5:30 Boys-Pole Vault
5:30 Girls-Javelin
5:30 Boys and Girls-Triple Jump
6:00 Girls-High Jump
6:00 Girls-Shot
6:00 Boys-Discus

Running Events

6:25pm **National Anthem**
6:30pm Boys 4x100
6:40pm Girls 4x100
6:50pm Boys 800m Run
7:00pm Girls 800m Run
7:10pm Boys 300m Hurdles
7:20pm Girls 300m Hurdles
7:30pm Boys 200m Dash
7:40pm Girls 200m Dash
7:50pm Boys 3200m Run
8:05pm Girls 3200m Run
8:20pm Boys 4x400m Relay
8:35pm Girls 4x400m Relay

NOTES:

- 1) Start times will not be altered to accommodate individuals under any circumstances. This schedule will be maintained throughout the meet. Some delays may be necessary to maintain the time schedule.
- 2) If Girls pole vault is cancelled on Wednesday, it will be rescheduled at **4:15pm** on Friday and upon its completion, will be followed by the Boys pole vault.
- 3) All races are time finals, with the faster seeded heat running second
- 4) Each heat will have no fewer than three competitors.
- 5) Standard NFHS Scoring: 10-8-6-5-4-3-2-1 for all events, including relays.