

DISTRICT 2-C TRACK AND FIELD

May 7, 2019 @ Lambert

High School SCHEDULE

Coaches Meeting and Scratch Meeting 9:00am

TRACK EVENTS

FIELD EVENTS

****8:00am-9:30am Pole Vault Warm-Up

| | | | | | |
|-----------------------|--|---------------|---------|---|--------------------------------|
| 10:00am | 100 Meter Hurdles 110 Meter Hurdles | Girls Boys | 9:30am | Pole Vault Shot Put Javelin | Girls Girls Boys |
| 10:30am | 100 Meter Dash 100 Meter Dash | Girls Boys | | High Jump Triple Jump | Boys Girls |
| 10:50am | 1600 Meter Run 1600 Meter Run | Girls Boys | 11:00am | Discus Long Jump | Girls Boys |
| 11:20am | 400 Meter Relay 400 Meter Relay | Girls Boys | | | |
| -----Lunch Break----- | | | | | |
| 12:30am | 400 Meter Dash 400 Meter Dash | Girls Boys | 11:30am | Pole Vault | Boys |
| 1:00pm | 300 Meter Hurdles 300 Meter Hurdles | Girls Boys | 12:15pm | Javelin High Jump Shot Put Triple Jump | Girls Girls Boys Boys |
| 1:30pm | 800 Meter Run 800 Meter Run | Girls Boys | | | |
| 1:50pm | 200 Meter Dash 200 Meter Dash | Girls Boys | 1:45pm | Long Jump Discus | Girls Boys |
| 2:15pm | 3200 Meter Run 3200 Meter Run | Girls Boys | | | |
| 2:45pm | 1600 Meter Relay 1600 Meter Relay | Girls Boys | | | |