

DOUBLE DISTRICT MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of Districts. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- **Boys shall compete first in Even Years**
- **Girls shall compete first in Odd Years**
- In double meets:
 - Odd Years → Odd Class goes first
 - Even Years → Even Class goes first
- Running Events:
 - Distance/Leg ≥800, Double Waterfall, Single Heat
 - Distance/Leg <800, Heats v. Time
 - 4x400m Relay uses 3-Turn Stagger
- Site may adjust times/events to track specifications
- A rolling schedule shall only be used in the case of inclement weather.
- **Race time schedule should be adjusted based upon number of heats in an event**

Coaches Meeting
Class 1 – 8:00AM
Class 3 – 8:15AM

CLASS 1 District 5

CLASS 3 District 6

Field Events

Pole Vault will ROLL with 30-minute warm-up between events.

<u>8:30 – 10:30 AM</u>	<u>11:00 AM – 1:00 PM</u>	<u>1:30 – 3:30 PM</u>	<u>4:00 – 6:00 PM</u>
Pole Vault - Class 1 Girls	Pole Vault - Class 3 Girls	Pole Vault - Class 1 Boys	Pole Vault - Class 3 Boys
 <u>9:00 – 10:30 AM</u>	 <u>11:00 AM – 12:30 PM</u>	 <u>1:00 – 2:30 PM</u>	 <u>3:00 – 4:30 PM</u>
High Jump - Class 3 Boys	High Jump - Class 1 Boys	High Jump - Class 3 Girls	High Jump - Class 1 Girls
Long Jump - Class 3 Girls	Long Jump - Class 1 Girls	Long Jump - Class 3 Boys	Long Jump - Class 1 Boys
Triple Jump - Class 1 Boys	Triple Jump - Class 3 Boys	Triple Jump - Class 1 Girls	Triple Jump - Class 3 Girls
Shot Put - Class 1 Girls	Shot Put - Class 3 Girls	Shot Put - Class 3 Boys	Shot Put - Class 1 Boys
Discus - Class 3 Boys	Discus - Class 1 Boys	Discus - Class 1 Girls	Discus - Class 3 Girls
Javelin - Class 3 Girls	Javelin - Class 1 Girls	Javelin - Class 1 Boys	Javelin - Class 3 Boys

Running Events – Order will be Class 1 Boys, Class 3 Boys, Class 1 Girls, Class 3 Girls

10:00 AM	Class 1 Girls	4x800m Relay	2:20 PM	Class 1 Girls	400m Dash
	Class 3 Girls	4x800m Relay		Class 3 Girls	400m Dash
10:30 AM	Class 1 Boys	4x800m Relay	2:40 PM	Class 1 Boys	400m Dash
	Class 3 Boys	4x800m Relay		Class 3 Boys	400m Dash
11:00 AM	Class 1 Girls	100/110m Hurdles	3:00 PM	Class 1 Girls	300m Hurdles
	Class 3 Girls	100/110m Hurdles		Class 3 Girls	300m Hurdles
11:25 AM	Class 1 Boys	100/110m Hurdles	3:20 PM	Class 1 Boys	300m Hurdles
	Class 3 Boys	100/110m Hurdles		Class 3 Boys	300m Hurdles
11:50 AM	Class 1 Girls	100m Dash	3:40 PM	Class 1 Girls	800m Run
	Class 3 Girls	100m Dash		Class 3 Girls	800m Run
12:05 PM	Class 1 Boys	100m Dash	3:50 PM	Class 1 Boys	800m Run
	Class 3 Boys	100m Dash		Class 3 Boys	800m Run
12:20 PM	Class 1 Girls	4x200m Relay	4:00 PM	Class 1 Girls	200m Dash
	Class 3 Girls	4x200m Relay		Class 3 Girls	200m Dash
12:45 PM	Class 1 Boys	4x200m Relay	4:25 PM	Class 1 Boys	200m Dash
	Class 3 Boys	4x200m Relay		Class 3 Boys	200m Dash
1:10 PM	Class 1 Girls	1600m Run	4:50 PM	Class 1 Girls	3200m Run
	Class 3 Girls	1600m Run		Class 3 Girls	3200m Run
1:25 PM	Class 1 Boys	1600m Run	5:20 PM	Class 1 Boys	3200m Run
	Class 3 Boys	1600m Run		Class 3 Boys	3200m Run
1:40 PM	Class 1 Girls	4x100m Relay	5:50 PM	Class 1 Girls	4x400m Relay
	Class 3 Girls	4x100m Relay		Class 3 Girls	4x400m Relay
2:00 PM	Class 1 Boys	4x100m Relay	6:20 PM	Class 1 Boys	4x400m Relay
	Class 3 Boys	4x100m Relay		Class 3 Boys	4x400m Relay