

# C1-S2 & C3-S2 Time Schedule

All running will be contested by class and gender with class 1 followed by class 3.

Coaches Meeting: 9:00am @ Middle of Football Field

## Field Events

*Pole vault will roll with 30 minute warm up between girls and boys of each class*

<u>8:30 - Class 3</u>	<u>Class 3</u>	<u>11:00 - Class 1</u>	<u>Class 1</u>
Girls Pole Vault	Boys Pole Vault	Girls Pole Vault	Boys Pole Vault
<u>10:00am - Class 1</u>	<u>11:00 - Class 3</u>	<u>10:00 am Class 3</u>	<u>11:00 Class 1</u>
G High Jump	G High Jump	G Long Jump	G Long Jump
G Shot Put	G Shot Put	B Triple Jump	B Triple Jump
B Discus	B Discus	G Javelin	G Javelin
<u>12:00pm - Class 1</u>	<u>1:00 - Class 3</u>	<u>12:00 - Class 3</u>	<u>1:00 Class 1</u>
B High Jump	B High Jump	G Triple Jump	G Triple Jump
B Shot put	B Shot Put	B Long Jump	B Long Jump
G Discus	G Discus	B Javelin	B Javelin

## Running Events

G 4 x 800 m Relay	12:00
B 4 x 800 m Relay	12:30
G 100 m Hurdles	1:00
B 110 m Hurdles	1:10
G 100 m Dash	1:20
B 100 m Dash	1:25
G 4 x 200m Relay	1:35
B 4 x 200 m Relay	1:45
G 1600 m	1:55
B 1600 m	2:15
G 4 x 100 m Relay	2:35
B 4 x 100 m Relay	2:45
G 400 m Dash	2:55
B 400 m Dash	3:05
G 300 Intermediate Hurdles	3:15
B 300 Intermediate Hurdles	3:25
G 800 m Run	3:35
B 800 m Run	3:45
G 200 m Run	3:55
B 200 m Run	4:00
G 3200m Run	4:05
B 3200m Run	4:35
G 4 x 400m Relay	4:55
B 4 x 400m Relay	5:05