

Class 3 District 4 Track & Field Time Schedule

8:00 am Coaches' Meeting - School Cafeteria

SINGLE 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**
- Running Events:
 - o Distance/Leg ≥800, Double Waterfall, Single Heat
 - o Distance/Leg <800, Heats v. Time
 - o 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

Field Events:

Pole Vault will ROLL with a 30-minute warm-up between events. If weather is not a factor, MSHSAA only allows the pole vault to be on a rolling schedule. If one of the vaulting groups gets done before the 2 hour window is over, then the next group will start warm-ups immediately.

All of the other events will remain on schedule. We may get behind, but we will not get ahead.

9:30 AM	11:30 AM	1:30 PM
BOYS SHOT PUT GIRLS TRIPLE JUMP GIRLS POLE VAULT GIRLS JAVELIN BOYS HIGH JUMP	BOYS JAVELIN GIRLS DISCUS BOYS TRIPLE JUMP GIRLS LONG JUMP	BOYS DISCUS GIRLS SHOT PUT BOYS POLE VAULT GIRLS HIGH JUMP BOYS LONG JUMP

Running Events:

TIME	EVENT			TIME	EVENT		
10:30 AM	Girls	C3	4x800m Relay	12:40 PM	Girls	C3	400m Dash
	Boys	C3	4x800m Relay		Boys	C3	400m Dash
11:00 AM	Girls	C3	100m Hurdles	1:00 PM	Girls	C3	300m Hurdles
	Boys	C3	110m Hurdles		Boys	C3	300m Hurdles
11:25 AM	Girls	C3	100m Dash	1:20 PM	Girls	C3	800m Run
	Boys	C3	100m Dash		Boys	C3	800m Run
11:40 AM	Girls	C3	4x200m Relay	1:30 PM	Girls	C3	200m Dash
	Boys	C3	4x200m Relay		Boys	C3	200m Dash
12:05 PM	Girls	C3	1600m Run	1:55 PM	Girls	C3	3200m Run
	Boys	C3	1600m Run		Boys	C3	3200m Run
12:20 PM	Girls	C3	4x100m Relay	2:25 PM	Girls	C3	4x400m Relay
	Boys	C3	4x100m Relay		Boys	C3	4x400m Relay