

## 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:
  - Distance/Leg  $\geq 800$ , 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

### Field Events

<u>9:30 AM</u>	<u>11:30 AM</u>	<u>1:30 PM</u>
Shot Put (Boys)	Javelin (Boys)	Discus (Boys)
Triple Jump (Girls)	Discus (Girls)	Shot Put (Girls)
Pole Vault (Girls)	Triple Jump (Boys)	Pole Vault (Boys)
Javelin (Girls)	Long Jump (Girls)	High Jump (Girls)
High Jump (Boys)		Long Jump (Boys)

### Running Events

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