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 ≥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

9:00AM	9:30AM	10:30AM	11:30AM	12:00PM	1:30PM
Javelin(1st)	Shot Put(2nd)	Javelin(2nd)	Triple Jump(2nd)	Discus (1st)	Discus(2nd)
	Triple Jump(1st)		Long Jump(1st)		Shot Put (1st)
	Pole Vault(1st)				Pole Vault (2nd)
	High Jump (2nd)				High Jump (1st)
					Long Jump(2nd)

Running Events

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

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Field Events

9:00AM	9:30AM	10:30AM	11:30AM	12:00PM	1:30PM
G Javelin	B Shot Put	B Javelin	B Triple Jump	G Discus	B Discus
	B Triple Jump		G Long Jump		G Shot Put
	G Pole Vault				B Pole Vault
	B High Jump				G High Jump
					B Long Jump

Running Events

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