

## PARKWAY CENTRAL DISTRICT TRACK TIME SCHEDULE

Girls will compete first. A rolling schedule can be used if there is inclement weather.

Running events:

Distance leg  $\geq$  800, Double Waterfall, Single Heat

Distance leg  $\leq$  800, Heats v. Time

4X400m Relay uses 3-Turn Stagger

### Field Events

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

### Running Events

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Start	Gender	Event
10:30 AM	G	4x800 Relay
	B	4x800 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
1:00 PM	G	400m Dash
	B	400m Dash
20 Minute Break		
1:40 PM	G	800m Run
	B	800m Run
1:50 PM	G	200m Dash
	B	200m Dash
2:05 PM	G	3200m Run
	B	3200m Run
2:45 PM	G	4x400m Relay
	B	4x400m Relay