

## DOUBLE 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**
- In double meets:
  - Odd Years ▣ Odd Class goes first
  - Even Years ▣ Even Class goes first
- 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
- Implement Weigh-in starts @ 7:30 am at the track shed
- Coaches Meeting @ 8:00 am in Gym 2

[C4] = Class 4 District 1

[C5] = Class 5 District 1

### Field Events

Pole Vault will NOT be on a rolling schedule.

<u>8:30 – 10:30 AM</u>	<u>11:00 AM – 1:00 PM</u>	<u>1:30 – 3:30 PM</u>	<u>4:00 – 6:00 PM</u>
Pole Vault (Boys) [C4]	Pole Vault (Boys) [C5]	Pole Vault (Girls) [C4]	Pole Vault (Girls) [C5]
<u>9:00 – 10:30 AM</u>	<u>11:00 AM – 12:30 PM</u>	<u>1:00 – 2:30 PM</u>	<u>3:00 – 4:30 PM</u>
High Jump (Girls) [C5]	High Jump (Girls) [C4]	High Jump (Boys) [C5]	High Jump (Boys) [C4]
Long Jump (Boys) [C5]	Long Jump (Boys) [C4]	Long Jump (Girls) [C5]	Long Jump (Girls) [C4]
Triple Jump (Girls) [C4]	Triple Jump (Girls) [C5]	Triple Jump (Boys) [C4]	Triple Jump (Boys) [C5]
Shot Put (Boys) [C4]	Shot Put (Boys) [C5]	Shot Put (Girls) [C5]	Shot Put (Girls) [C4]
Discus (Girls) [C5]	Discus (Girls) [C4]	Discus (Boys) [C4]	Discus (Boys) [C5]
Javelin (Boys) [C5]	Javelin (Boys) [C4]	Javelin (Girls) [C4]	Javelin (Girls) [C5]

### Running Events

10:00 AM	Boys	[C4]	4x800m Relay	2:20 PM	Boys	[C4]	400m Dash
		[C5]	4x800m Relay			[C5]	400m Dash
10:30 AM	Girls	[C4]	4x800m Relay	2:40 PM	Girls	[C4]	400m Dash
		[C5]	4x800m Relay			[C5]	400m Dash
11:00 AM	Boys	[C4]	100/110m Hurdles	3:00 PM	Boys	[C4]	300m Hurdles
		[C5]	100/110m Hurdles			[C5]	300m Hurdles
11:25 AM	Girls	[C4]	100/110m Hurdles	3:20 PM	Girls	[C4]	300m Hurdles
		[C5]	100/110m Hurdles			[C5]	300m Hurdles
11:50 AM	Boys	[C4]	100m Dash	3:40 PM	Boys	[C4]	800m Run
		[C5]	100m Dash			[C5]	800m Run
12:05 PM	Girls	[C4]	100m Dash	3:50 PM	Girls	[C4]	800m Run
		[C5]	100m Dash			[C5]	800m Run
12:20 PM	Boys	[C4]	4x200m Relay	4:00 PM	Boys	[C4]	200m Dash
		[C5]	4x200m Relay			[C5]	200m Dash
12:45 PM	Girls	[C4]	4x200m Relay	4:25 PM	Girls	[C4]	200m Dash
		[C5]	4x200m Relay			[C5]	200m Dash
1:10 PM	Boys	[C4]	1600m Run	4:50 PM	Boys	[C4]	3200m Run
		[C5]	1600m Run			[C5]	3200m Run
1:25 PM	Girls	[C4]	1600m Run	5:20 PM	Girls	[C4]	3200m Run
		[C5]	1600m Run			[C5]	3200m Run
1:40 PM	Boys	[C4]	4x100m Relay	5:50 PM	Boys	[C4]	4x400m Relay
		[C5]	4x100m Relay			[C5]	4x400m Relay
2:00 PM	Girls	[C4]	4x100m Relay	6:20 PM	Girls	[C4]	4x400m Relay
		[C5]	4x100m Relay			[C5]	4x400m Relay