

# MSHSAA Track and Field Double Sectional Meet Schedule

## Field Events

A = Class 4 Sectional 3    B = Class 5 Sectional 3

**Pole Vault:** *This schedule will ROLL "if we fall behind" with 30 minute warm-up between events.*

|                                 |                                      |                                |                               |
|---------------------------------|--------------------------------------|--------------------------------|-------------------------------|
| <u><b>9:30 – 11:20 a.m.</b></u> | <u><b>12:00 a.m. – 2:00 p.m.</b></u> | <u><b>2:30 – 4:30 p.m.</b></u> | <u><b>5:00 -6:00 p.m.</b></u> |
| Girls Pole Vault (A)            | Girls Pole Vault (B)                 | Boys Pole Vault (A)            | Boys Pole Vault (B)           |

**Javelin:** *This schedule will ROLL "if we fall behind" with 15 minute warm-up between events.*

|                                  |                                      |                                |                                |
|----------------------------------|--------------------------------------|--------------------------------|--------------------------------|
| <u><b>9:30 – 10:30 a.m.</b></u>  | <u><b>12:00 a.m. – 1:00 p.m.</b></u> | <u><b>2:30 – 3:30 p.m.</b></u> | <u><b>5:00 -6:00 p.m.</b></u>  |
| Girls Javelin (B)                | Girls Javelin (A)                    | Boys Javelin (B)               | Boys Javelin (A)               |
| <u><b>10:00 – 11:30 a.m.</b></u> | <u><b>12:00 a.m. – 1:30 p.m.</b></u> | <u><b>2:00 – 3:30 p.m.</b></u> | <u><b>4:00 – 5:30 p.m.</b></u> |
| Boys High Jump (B)               | Boys High Jump (A)                   | Girls High Jump (B)            | Girls High Jump (A)            |
| Girls Long Jump (B)              | Girls Long Jump (A)                  | Boys Long Jump (B)             | Boys Long Jump (A)             |
| Boys Triple Jump (A)             | Boys Triple Jump (B)                 | Girls Triple Jump (A)          | Girls Triple Jump (B)          |
| Girls Shot Put (A)               | Girls Shot Put (B)                   | Boys Shot Put (A)              | Boys Shot Put (B)              |

**Discus:** *This schedule will ROLL "if we fall behind" with 15 minute warm-up between events.*

|                                  |                                     |                                |                              |
|----------------------------------|-------------------------------------|--------------------------------|------------------------------|
| <u><b>10:45 – 11:45 a.m.</b></u> | <u><b>1:00 p.m. – 2:15 p.m.</b></u> | <u><b>3:45 – 4:45 p.m.</b></u> | <u><b>6:15 -7:15 p.m</b></u> |
| Boys Discus (B)                  | Girls Discus (A)                    | Girls Discus (B)               | Boys Discus (A)              |

## Running Events

Note: Class 4 will go first in each event.

|       |       |                   |
|-------|-------|-------------------|
| 12:00 | Girls | 4x800 meter Relay |
| 12:30 | Boys  | 4x800 meter Relay |
| 1:00  | Girls | 100 meter Hurdles |
| 1:10  | Boys  | 100 meter Hurdles |
| 1:20  | Girls | 110 meter Dash    |
| 1:30  | Boys  | 100 meter Dash    |
| 1:40  | Girls | 4x200 meter Relay |
| 1:50  | Boys  | 4x200 meter Relay |
| 2:00  | Girls | 1600 meter Run    |
| 2:20  | Boys  | 1600 meter Run    |
| 2:40  | Girls | 4x100 meter Relay |
| 2:50  | Boys  | 4x100 meter Relay |
| 3:00  | Girls | 400 meter Dash    |
| 3:10  | Boys  | 400 meter Dash    |
| 3:20  | Girls | 300 meter Hurdles |
| 3:30  | Boys  | 300 meter Hurdles |
| 3:40  | Girls | 800 meter Run     |
| 3:50  | Boys  | 800 meter Run     |
| 4:00  | Girls | 200 meter Dash    |
| 4:10  | Boys  | 200 meter Dash    |
| 4:20  | Girls | 3200 meter Run    |
| 4:50  | Boys  | 3200 meter Run    |
| 5:20  | Girls | 4x400 meter Relay |
| 5:30  | Boys  | 4x400 meter Relay |