

District 7 - 4A Track and Field Championship
Springtown
April 13-14, 2022

Wednesday April 13

FIELD EVENTS:

10:00 AM	Varsity Mens Long Jump	JV Boys Discus
	Varsity Womens Triple Jump	Varsity Womens Shot
	JV Boys High Jump	JV Girls Pole Vault
11:30 AM	Varsity Mens Pole Vault	JV Girls Long Jump
	Varsity Womens High Jump	JV Boys Shot
	JV Boys Triple Jump	JV Girls Discus
1:00 PM	Varsity Mens Triple Jump	Varsity Mens Discus
	Varsity Womens Long Jump	JV Girls Shot
	JV Girls High Jump	JV Boys Pole Vault
2:30 PM	Varsity Mens High Jump	Varsity Mens Shot
	Varsity Womens Pole Vault	Varsity Womens Discus
	JV Boys Long Jump	JV Girls Triple Jump

Running Prelims

5:00 PM	100 Hurdles	JVG VG
	110 Hurdles	JVB VB
	3200 Meter Run FINALS	JVG
	100 Meter	JVG VG JVB VB
	3200 Meter Run FINALS	VG
	400 Meter	JVG VG JVB VB
	3200 Meter Run FINALS	JVB
	300 Hurdles	JVG VG JVB VB
	3200 Meter Run FINALS	VB
	200 Meter	JVG VG JVB VB

Thursday April 14

Running Finals 1:00 PM

All Events will be run in the following order- JVG VG JVB VB

1:00	400 Meter Relay
1:20	800 Meter Run
1:45	100/110 Meter Hurdles
2:05	100 Meter Dash
2:20	800 Meter Relay
2:45	400 Meter Dash
3:10	300 Meter Hurdles
3:35	200 Meter Dash
3:55	1600 Meter Run
4:30	1600 Meter Relay