

Area 5-5A & 6-5A Track & Field Schedule

Friday, April 21, 2023

7:30 - 8:30 Implement Weigh-In

8:00 Head Coaches / Event Worker Meeting

8:30 Exchange Zone & Curve Judges Meeting

9:00 **SESSION 1:** VG 3200m Run
VB 3200m Run

9:00 **SESSION 2:** VG High Jump
VB Long Jump
VB Pole Vault
VG Shot Put

10:30 **SESSION 3:** VB High Jump
VG Triple Jump
VG Discus
VB Shot Put

12:00 **SESSION 4:** VG Long Jump
VB Triple Jump
VG Pole Vault
VB Discus

1:00 - 2:30 Track Open for Handoffs

3:00 **SESSION 5:** **RUNNING FINALS (VG/VB)**
2:00 Relay Declaration Cards Due
2:30 Exchange Zone & Curve Judges Meeting
2:50 National Anthem
3:00 4 x 100m Relay
3:20 800m Run
3:45 100m Low Hurdles
3:55 110m High Hurdles
4:05 100m Dash
4:25 4 x 200m Relay
4:45 400m Dash
5:10 300m Int. Hurdles
5:30 200m Dash
5:50 1600m Run
6:20 4 x 400m Relay
6:40 Team Awards