

2009 - 3A Region 1 District 3 – Track & Field Meet  
April 23<sup>rd</sup> at Percy Beard Track at the University of Florida

### **FIELD EVENTS**

8:00am Girls Pole Vault at Gainesville High all others at UF Track – Boys to follow Gainesville to Conduct. (Swap with Nease, due to meet location change).

11:30 Coaches Meeting UF Track

12:00 – 12:30 – Weigh- in

1:00 pm

Girls Shot Put (Nease)

Boys Discus (Middleburg)

Girls Long Jump (Palatka)

Boys Long Jump (Eastside)

Girls Discus (Middleburg) after Girls SP

Boys Shot Put (Nease) after Boys Disc

Girls Triple Jump (Gainesville) after Girls LJ

Boys Triple Jump (Columbia) after Boys LJ

3:00pm

Girls High Jump (Fleming)

Boys High Jump (Ridgeview)

### **TRACK EVENT PRELIMS**

4:00 pm

Girls 100 Meter High Hurdles (Hurdle Crew all Schools help)

Boys 110 Meter High Hurdles (Hurdle Crew all Schools help)

Girls 100 Meters

Boys 100 Meters

Girls 400 Meters

Boys 400 Meters

Girls 300M Low Hurdles (Hurdle Crew all Schools help)

Boys 300M Intermediate Hurdles (Hurdle Crew all Schools help)

Girls 200 Meters

Boys 200 Meters

Heat Winners Plus best times to finals

### **TRACK EVENT FINALS**

1:00 pm

Girls 4x800 Relay

Boys 4x800 Relay

FINALS to Start 45 minutes after Prelims

Girls 100 Meter High Hurdles (Hurdle Crew all Schools help)

Boys 110 Meter High Hurdles (Hurdle Crew all Schools help)

Girls 100 Meters

Boys 100 Meters

Girls 1600 Meters

Boys 1600 Meters

Girls 4x100 Meter Relay

Boys 4x100 Meter Relay

Girls 400 Meters

Boys 400 Meters

Girls 300 Meter Low Hurdles (Hurdle Crew all Schools help)

Boys 300 Meter Intermediate Hurdles (Hurdle Crew all Schools help)

Girls 800 Meters

Boys 800 Meters

Girls 200 Meters

Boys 200 Meters

Girls 3200 Meters

Boys 3200 Meters

Girls 4x400 Meter Relay (

Boys 4x400 Meter Relay

Awards Ceremony. Please Get all Awards before leaving.