

Meet Information

Entry Deadline: Saturday, April 16th 11:59 p.m.

1A District 5 Meet Time Schedule

Entries Due April 16th by 11:59pm on flrunners.com

9:00am – Coaches Meeting

10:00am – 4 x 800m & Adaptive Shot Put

10:30am – Field Events Begin

2:00pm – Running Prelims

100m High Hurdles

110m High Hurdles

100m Dash

400m Dash

4x100m Relay

300m Low Hurdles

300m Intermediate Hurdles

200m Dash

800m Adaptive (Final)

5:00pm – Running Finals

100m High Hurdles

110m High Hurdles

100m Dash

1600m Run

400m Dash

4x100m Relay

300m Low Hurdles

300m Intermediate Hurdles

800m Run

200m Dash

200m Adaptive

3200m Run

4x400m Relay