

3A-6 & 4A-1 Combined District Schedule

Tuesday, April 18, 2017

Field Events

10:00 am 3A Shot Put Girls

 3A Discus Boys

 3A High Jump Girls

 4A Long Jump (Boys and Girls)

 4A Girls Pole Vault

12:00pm* 3A Long Jump (Boys and Girls)

 3A Girls Pole Vault

 4A Shot Put Girls

 4A Discus Boys

 4A High Jump Girls

2:00pm* 3A Discus Girls

 3A Shot Put Boys

 3A High Jump Boys

 4A Triple Jump (Boys and Girls)

 4A Boys Vault

4:00pm* 3A Triple Jump (Boys and Girls)

 3A Boys Vault

 4A Discus Girls

 4A Shot Put Boys

 4A Boys High Jump

Running Events (All Races 3A then 4A, Girls then Boys)

***Advancement formula to finals:**

5 heats = 4 fastest heat winners + next 4 fastest times

4 heats = 4 heat winners + next 4 fastest times

3 heats = 3 heat winners + next 5 fastest times

10:00am 4X800 Relay

12:00pm Running Prelims

Girls 100m High Hurdles

Boys 110m High Hurdles

100m

4X100m

400m

300m Hurdles

200m

4:00pm

Running Finals: (approx. time after a minimum 45 min. break)

Girls 100m High Hurdles

Boys 110m High Hurdles

100m Dash

1600m Run

4X100m Relay

400m Dash

300m Hurdles

800m Run (each in 2 sections)

Adapted 800m

200m Dash

Adapted 200m

3200m Run

4X400m Relay (each in 2 sections)