

## RECOMMENDED TRACK AND FIELD SCHEDULE SECTIONAL DOUBLE MEET

Upon recommendation of the Track and Field Advisory Committee, the schedule below was developed for the MSHSAA sectional track and field meets where TWO meets are being conducted at the same location.

**This is only a recommended schedule for field events, but a required order of events for running events (the start time may change, but the event time intervals must be adhered to).**

If bad weather is becoming a reality at your site, progress to get the meet completed. Please cover this with the coaches at the pre-meet coaches meeting. If other unusual situations are known before the meet, please keep Harvey Richards posted (cell phone: 573-259-1703).

### Field Events

Field events will be conducted by Class and Gender. For example: in High Jump, Class 4 boys jump before Class 3 boys in 2014.

| 11:00 a.m.   | 11:00 p.m.    | 1:00 p.m.    | 1:00 p.m.     |
|--------------|---------------|--------------|---------------|
| B Pole Vault | G Long Jump   | B High Jump  | G Triple Jump |
| G High Jump  | B Triple Jump | B Shot Put   | B Long Jump   |
| G Shot Put   |               | G Discus     |               |
| B Discus     |               | G Pole Vault |               |

### Running Events

### Time

|                       |       |
|-----------------------|-------|
| Boys 4 x 800 m Relay  | 12:00 |
| Girls 4 x 800 m Relay | 12:30 |
| Boys 110 m Hurdles    | 1:00  |
| Girls 100 m Hurdles   | 1:10  |
| Boys 100 m Dash       | 1:20  |
| Girls 100 m Dash      | 1:30  |
| Boys 4 x 200 m Relay  | 1:40  |
| Girls 4 x 200 m Relay | 1:50  |
| Boys 1600 m Run       | 2:00  |
| Girls 1600 m Run      | 2:20  |
| Boys 4 x 100 m Relay  | 2:40  |
| Girls 4 x 100 m Relay | 2:50  |
| Boys 400 m Dash       | 3:00  |
| Girls 400 m Dash      | 3:10  |
| Boys 300 m Hurdles    | 3:20  |
| Girls 300 m Hurdles   | 3:30  |
| Boys 800 m Run        | 3:40  |
| Girls 800 m Run       | 3:50  |
| Boys 200 m Dash       | 4:00  |
| Girls 200 m Dash      | 4:10  |
| Boys 3200 m Run       | 4:20  |
| Girls 3200 m Run      | 4:50  |
| Boys 4 x 400 m Relay  | 5:20  |
| Girls 4 x 400 m Relay | 5:30  |

**ODD YEAR:** Odd Class goes first.  
**EVEN YEAR:** Even Class goes first.