

Class 3 Sectional 4

Excelsior Springs High School

Field Events			
11:00 a.m.	12:00 Noon	1:00 p.m.	2:00 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	

<u>Running Events</u>	<u>Time</u>
Boys 4 x 800 m Relay	12:00
Girls 4 x 800 m Relay	12:15
Boys B 110 m Hurdles	12:30
Girls 100 m Hurdles	12:40
Boys B 100 m Dash	12:50
Girls 100 m Dash	1:00
Boys B 4 x 200 m Relay	1:10
Girls 4 x 200 m Relay	1:20
Boys B 1600 m Run	1:30
Girls 1600 m Run	1:40
Boys B 4 x 100 m Relay	1:50
Girls 4 x 100 m Relay	2:00
Boys B 400 m Dash	2:10
Girls 400 m Dash	2:20
Officials'/Workers' Breaks	
Boys B 300 m Intermediate Hurdles	2:50
Girls 300 m Low Hurdles	3:00
Boys B 800 m Run	3:10
Girls 800 m Run	3:20
Boys B 200 m Dash	3:30
Girls 200 m Dash	3:40
Boys B 3200 m Run	3:50
Girls 3200 m Run	4:05
Boys B 4 x 400 m Relay	4:20
Girls 4 x 400 m Relay	4:30