

## MSHSAA Track and Field Double District Track Meet Schedule

### Field Events:

Note: Site can adjust time/events to track specifications.

Note: Finals to follow Preliminaries

9:30 a.m.	9:30 a.m.	12:30 p.m.	12:30 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 Javelin	G Discus	B Javelin
B Discus		G Pole Vault	

### Preliminary Running Events

10:30	Girls	100 meter hurdles	Prelim
10:45	Boys	110 meter hurdles	Prelim
11:00	Girls	100 meter dash	Prelim
11:15	Boys	100 meter dash	Prelim
11:30	Girls	4x800 meter relay (C-3/4)	Final Box Alley
11:42	Boys	4x800 meter relay (C-3/4)	Final Box Alley
11:54	Girls	200 meter dash	Prelim
12:06	Boys	200 meter dash	Prelim
12:18	Girls	4x800 meter relay (C-5)	Final Box Alley
12:30	Boys	4x800 meter relay (C-5)	Final Box Alley

### Final Running Events

12:50	Girls	100 meter hurdles	Final
12:55	Boys	110 meter hurdles	Final
1:00	Girls	100 meter dash	Final
1:05	Boys	100 meter dash	Final
1:10	Girls	4x200 meter relay	(Heats vs. Time)
1:24	Boys	4x200 meter relay	(Heats vs. Time)
1:38	Girls	1600 meter run	Box Alley Start
1:58	Boys	1600 meter run	Box Alley Start
2:18	Girls	4x100 meter relay	(Heats vs. Time)
2:30	Boys	4x100 meter relay	(Heats vs. Time)
2:45	Girls	400 meter dash	(Heats vs. Time)
3:00	Boys	400 meter dash	(Heats vs. Time)
3:15	Girls	300 meter hurdles	(Heats vs. Time)
3:30	Boys	300 meter hurdles	(Heats vs. Time)
3:45	Girls	800 meter run	Box Alley Start
3:58	Boys	800 meter run	Box Alley Start
4:11	Girls	200 meter dash	Final
4:17	Boys	200 meter dash	Final
4:23	Girls	3200 meter run	Box Alley Start
4:50	Boys	3200 meter run	Box Alley Start
5:15	Girls	4x400 meter relay	3 turn stagger Heats vs. Time
5:35	Boys	4x400 meter relay	3 turn stagger Heats vs. Time