

# RECOMMENDED TRACK AND FIELD SECTIONAL DOUBLE MEET SCHEDULE

Upon recommendation of the Track and Field Advisory Committee the schedule below was developed for the MSHSAA sectional track and field meets.

**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

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<u>11:00 a.m.</u>	<u>11:00 p.m.</u>	<u>1:00 p.m.</u>	<u>1:00 p.m.</u>
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

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	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.