

# ***DISTRICT VI TRACK AND FIELD MEET***

## ***Time Schedule***

3:30 (AA)/3:45 (AAA)	4 x 800 relay	Girls	Finals
	4 x 800 relay	Boys	Finals
	100 high hurdles	Girls	Trials
	110 high hurdles	Boys	Trials
	100 dash	Girls	Trials
	100 dash	Boys	Trials
	300 inter. hurdles	Girls	Finals
	300 inter. hurdles	Boys	Finals
	200 dash	Girls	Trials
	200 dash	Boys	Trials

## ***B R E A K***

Finals 6:00	100 low hurdles	Girls	Finals
	110 high hurdles	Boys	
	100 dash	Girls and Boys	
	1600 run	Girls and Boys	
	400 dash	Girls and Boys	
	4 x 100 relay	Girls and Boys	
	800 run	Girls and Boys	
	200 dash	Girls and Boys	
	3200 run	Girls and Boys	
	4 x 400 relay	Girls and Boys	

## ***Time Schedule - Field Events***

4:00

Long Jump	Boys
Triple Jump	Girls
High Jump	<u>Girls</u>

Shot	Boys
Discus	Girls
Javelin	Boys

6:00

Long Jump	Girls
Triple Jump	Boys
High Jump	<u>Boys</u>

Shot	Girls
Discus	Boys
Javelin	Girls

4:00

Pole Vault

Dependent on weather -  
Please see info on the  
following page

## **POLE VAULT**

The opening heights are as follows:

### **AA Meet using both Pits**

Girls: 7' 0"

Boys: 10' 0"

This is 6 inches below the district qualifying heights. (7'6" and 10'6")

### **AAA Meet using one Pit:**

The girls vault first, followed by the boys 45 minutes after the completion of the girls event.

Even though each team is allowed to enter three competitors in each event, we use the standards of the AA meet and adjust for the state qualifying heights:

Girls: 7'0"

Boys: 10' 3"

**All of the above is weather dependant and could change.**

**Hand carry the pole vault competitor form to the weight in.**