

2009 Seaking District 2B/3A/4A Track Schedule

Saturday May 23, 2009

FIELD EVENTS

10:30 AM - Coaches Meeting

4A

12:30 G-Long Jump (N. Pit)

11:00 B-Triple Jump (S. Pit)

12:30 G-Discus

11:00 G-High Jump

11:00 B-Javelin

11:00 B-Shot

11:00 G-pole vault

2B

11:00 B-Long Jump (N. Pit)

12:30 G-Triple Jump (S. Pit)

11:00 B-Discus

12:30 B-High Jump

12:30 G-Javelin

12:30 G-Shot

12:30 B-pole vault

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RUNNING EVENTS - Finals

(All are Finals)

12:00 G-4A 800 M Relay

12:05 G-2B 800 M Relay

12:15 B-4A 110 M High Hurdles

12:20 B-2B 100 M High Hurdles

12:30 G-4A 100 M Hurdles

12:35 G-2B 100 M Hurdles

12:45 B-4A 100 M Dash

12:50 B-2B 100 M Dash

12:55 G-4A 100 M Dash

1:00 G-2B 100 M Dash

1:10 G-4A 1600 M Run

1:20 G-2B 1600 M Run

1:30 B-4A 3200 M Run

1:45 B-4A 400 M Relay

1:50 B-2B 400 M Relay

1:55 G-4A 400 M Relay

2:00 G-2B 400 M Relay

2:10 B-4A 400 M Dash

2:15 B-2B 400 M Dash

2:20 G-4A 400 M Dash

2:25 G-2B 400 M Dash

2:35 B-4A 300 M Int. Hurdles

2:40 B-2B 300 M Int. Hurdles

2:45 G-4A 300 M Low Hurdles

2:50 G-2B 300 M Low Hurdles

3:00 B-4A 800 M Run

3:05 B-2B 800 M Run

3:10 G-4A 800 M Run

3:15 G-2B 800 M Run

3:25 B-4A 200 M Dash

3:30 B-2B 200 M Dash

3:35 G-4A 200 M Dash

3:40 G-2B 200 M Dash

3:50 B-2B 3200 M Run

4:05 B-4A 1600 M Relay

4:10 B-2B 1600 M Relay

4:15 G-4A 1600 M Relay

4:20 G-2B 1600 M Relay

Distance Race Final