

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

Friday May 22, 2009

FIELD EVENTS

2:30 PM - Coaches Meeting

3A	4A	
4:30	3:00	B-Long Jump (N. Pit)
3:00	4:30	G-Triple Jump (S. Pit)
4:30	3:00	B-Discus
3:00	4:30	B-High Jump
3:00	4:30	G-Javelin
3:00	4:30	G-Shot
4:30		G-pole vault
	2:30	B-pole vault

Friday May 22, 2009

RUNNING EVENTS - Finals

(All are Finals)

4:00	G-3A 800 M Relay
4:05	B-3A 110 M High Hurdles
4:15	G-3A 100 M Hurdles
4:25	B-3A 100 M Dash
4:30	G-3A 100 M Dash
4:35	G-3A 1600 M Run
4:45	B-4A 1600 M Run
4:55	B-3A 400 M Relay
5:00	G-3A 400 M Relay
5:05	B-3A 400 M Dash
5:10	G-3A 400 M Dash
5:20	B-3A 300 M Int. Hurdles
5:25	G-3A 300 M Low Hurdles
5:35	B-3A 800 M Run
5:40	G-3A 800 M Run
5:50	B-3A 200 M Dash
5:55	G-3A 200 M Dash
6:05	B-3A 3200 M Run
6:20	G-4A 3200 M Run
6:35	B-3A 1600 M Relay
6:45	G-3A 1600 M Relay

Distance Race Final