

# 2023 3B/4C District Track and Field Meet Schedule

8:30 – Implement Weigh-in

8:45 – Scratch Session

9:00 – Coaches Meeting

## Running Events

10:00 400 M Relay Boys  
10:10 400 M Relay Girls  
10:25 1600 M Run Boys  
10:45 1600 M Run Girls  
11:10 400 M Dash Boys  
11:25 400 M Dash Girls  
11:50 110 M Hurdles Boys  
12:10 100 M Hurdles Girls

## Lunch Break

1:00 100 M Dash Boys  
1:10 100 M Dash Girls  
1:30 800 M Run Boys  
1:50 800 M Run Girls  
2:20 300 M Hurdles Boys  
2:30 300 M Hurdles Girls  
2:55 200 M Dash Boys  
3:05 200 M Dash Girls  
3:25 3200 M Run Boys  
3:50 3200 M Run Girls  
4:15 1600 M Relay Boys  
4:25 1600 M Relay Girls

## Field Events

9:30 Shot Put – 3B Boys  
Discus – 3B Girls  
Javelin – 4C Boys  
High Jump – 4C Girls  
Long Jump – 3B Boys  
Pole Vault – 3B Girls  
10:30 Long Jump – 3B Girls  
11:00 Shot Put – 3B Girls  
Discus – 4C Boys  
Javelin – 4C Girls  
High Jump – 3B Boys  
Pole Vault – 3B Boys  
11:30 Long Jump – 4C Boys  
12:30 Shot Put - 4C Boys  
Discus – 4C Girls  
Javelin – 3B Boys  
High Jump – 3B Girls  
Long Jump – 4C Girls  
Pole Vault – 4C Boys  
1:30 Triple Jump – 3 B Boys  
2:00 Shot Put – 4C Girls  
Discus – 3B Boys  
Javelin – 3B Girls  
High Jump – 4C Boys  
Pole Vault – 4C Girls  
2:15 Triple Jump – 3B Girls  
3:00 Triple Jump – 4C Boys  
3:45 Triple Jump – 4C Girls