

Southern B/C Divisional Track Meet - Laurel Sports Complex

Thursday, May 19, 2023

Schedule of Events

Running Events

9:30	110 M Hurdles	CB – BB
9:45	100 M Hurdles	CG – BG
10:00	100 M Dash	CB – BB
10:20	100 M Dash	CG – BG
10:40	1600 M Run	CB
10:50	1600 M Run	BB
11:00	1600 M Run	CG
11:15	1600 M Run	BG
11:30	400 M Relay	CB - BB
11:45	400 M Relay	CG - BG
12:00	400 M Dash	CB - BB
12:15	400 M Dash	CG - BG

Lunch Break

1:30	300 M Hurdles	CB - BB
1:45	300 M Hurdles	CG - BG
2:00	800 M Run	CB - BB
2:15	800 M Dash	CG - BG
2:30	200 M Dash	CB - BB
2:45	200 M Dash	CG - BG
3:00	3200 M Run	CB
3:15	3200 M Run	BB
3:30	3200 M Run	CG
3:45	3200 M Run	BG
4:00	1600 M Relay	(F) CB - BB
4:20	1600 M Relay	(F) CG - BG

Field Events

9:30	High Jump	CG	Long Jump	BB
	Pole Vault	CB	Long Jump	BG
	Shot Put	CG	Discus	BG
	Javelin	CB		
11:00	Long Jump	CB	High Jump	BG
	Long Jump	CG	Pole Vault	BB
	Discus	CG	Shot Put	BG
	Javelin	BB		
1:00	High Jump	CB	Triple Jump	BG
	Discus	CB	Triple Jump	BB
	Pole Vault	CG	Shot Put	BB
			Javelin	BG
2:30	Triple Jump	CG	High Jump	BB
	Triple Jump	CB	Pole Vault	BG
	Shot Put	CB	Discus	BB
	Javelin	CG		

Class C will run first, followed by Class B. Running events will take precedent over the field events. All running events will marshal at the east end of the track (100 meter starting area). (Except for the 200 M Dash and 300 Hurdles).

Field events will be run in flights with finals immediately following the preliminaries.

Coaches are not allowed on the field with the exception of Pole Vault and Discus coaches who will have a designated area. Those coaches will be provided with a badge for entrance to the area.