

# DUAL/TRI MEET SCHEDULE

## SCHEDULE:

*The following is a time estimate on the average Dual/Tri Meet. If there are less or more athletes than normal the start times will be different.*

*\*Estimated Start Times*

<u>Dual-Meet</u>	<u>Tri-Meet</u>	<u>Order of Events:</u>		
3:00pm	3:00pm	100m/110m Hurdles	3:00pm	Shotput Girls
*3:15pm	*3:20pm	100m	3:00pm	Discus Boys
*3:40pm	*3:55pm	1600m	3:00pm	Javelin Girls
*4:10pm	*4:35pm	4x200m relay	3:00pm	High Jump Girls
*4:20pm	*4:45pm	400m	3:00pm	Long Jump Boys
*4:35pm	*5:00pm	300m Hurdles		
*4:45pm	*5:20pm	4x100m relay	appx 4:30pm	Shotput Boys
*4:50pm	*5:25pm	800m	appx 4:30pm	Discus Girls
*5:05pm	*5:45pm	200m	appx 4:30pm	Javelin Boys
*5:20pm	*6:05pm	3200m	appx 4:30pm	High Jump Boys
*5:35pm	*6:35pm	4x400m Relay	appx 4:30pm	Long Jump Girls
*5:45pm	*6:45pm	4x800m Relay		

- Athletes will be organized into heats/flights.
- If the event is hand-timed, stickers will be used. Athletes should put their name and school on a sticker for each event they participate in.
- Relays only need a sticker with the school name for the last runner in the relay.
- If the event is Fully Automatic Timing athletes will need to check to find out which Heat and Lane # or Seed # they are. Athletes will then grab a corresponding sticker for their Lane/Seed # and place it on their right hip so it will be visible to the timing camera.