

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.

<u>*Estimated Start Times</u>	<u>Order of Events:</u>		
3:30pm	100m/110m Hurdles	3:30pm	Shotput Girls
*3:45pm	100m	3:30pm	Discus Boys
*4:10pm	1600m	3:30pm	Javelin Girls
*4:40pm	4x200m relay	3:30pm	High Jump Girls
*4:50pm	400m	3:30pm	Long Jump Boys
*5:05pm	300m Hurdles		
*5:15pm	4x100m relay	appx 4:45pm	Shotput Boys
*5:20pm	800m	appx 4:45pm	Discus Girls
*5:35pm	200m	appx 4:45pm	Javelin Boys
*5:50pm	3200m	appx 4:45pm	High Jump Boys
*6:05pm	4x400m Relay	appx 4:45pm	Long Jump Girls
*6:15pm	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.