

SUBURBAN ONE LEAGUE NATIONAL CONFERENCE TRACK AND FIELD CHAMPIONSHIPS

Bensalem High School - May 10, 11 2019

Friday Track Events			Saturday Track Events		
3:30	100m H Trial	G	10:00	300m IH Final	G
3:45	110m HH Trial	B	10:15	300m IH Final	B
4:00	100m Trial	G	10:30	100m Final	G
4:15	100m Trial	B	10:40	100m Final	B
4:30	4x800m	G	10:50	1600m Final	G
4:50	4x800m	B	11:05	1600m Final	B
5:05	200m Trial	G	11:20	4x100m Final	G
5:20	200m Trial	B	11:25	4x100m Final	B
Friday Field Events			Lunch Break		
	Weigh-ins from 1:30-3:10		12:45	100m H Final	G
3:30	High Jump	B	12:50	110m HH Final	B
3:30	Long Jump	G	12:55	800m Final	G
3:30	Pole Vault	G	1:00	800m Final	B
3:30	Shot Put	G	1:15	200m Final	G
3:30	Javelin	B	1:20	200m Final	B
			1:25	3200m Final	G
			1:50	3200m Final	B
			2:10	4x400m Final	G
			2:15	4x400m Final	B
Saturday Field Events			Weigh-ins from 8-9:10		
			9:00	Long Jump	B
			9:30	Shot Put	B
			9:30	Discus	G
			9:30	High Jump	G
			9:30	Pole Vault	B
			11:30	Triple Jump	G
			11:30	Javelin	G
			11:30	Discus	B
			After Girls	Triple Jump	B

Medals to the top three places

Coaches – Please enter your top 2 athletes and any alternates in each event on MileSplit.com **by 9:00 AM on Wednesday, May 8th**. Remember, that accordance with NFHS rules an athlete may only be entered in up to four individual events plus two relays, but can only compete in four events. By league rule, because we have an 8-lane track the maximum number of accepted athletes per event is 24, and each team is guaranteed two entries per event. **Seed with FAT times (add .24 seconds to hand times for the conversion)**. Seeding meeting is Wednesday, May 8th.