## 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	В		10:15	300m IH Final	В	
4:00	100m Trial	G		10:30	100m Final	G	
4:15	100m Trial	В		10:40	100m Final	В	
4:30	4x800m	G		10:50	1600m Final	G	
4:50	4x800m	В		11:05	1600m Final	В	
5:05	200m Trial	G		11:20	4x100m Final	G	
5:20	200m Trial	В		11:25	4x100m Final	В	
				11:30	400m Final	G	
				11:40	400m Final	В	
Friday Field Events				Lunch Break			
	Weigh-ins from 1:30–3:10			12:45	100m H Final	G	
				12:50	110m HH Final	В	
3:30	High Jump	В		12:55	800m Final	G	
3:30	Long Jump	G		1:00	800m Final	В	
3:30	Pole Vault	G		1:15	200m Final	G	
3:30	Shot Put	G		1:20	200m Final	В	
3:30	Javelin	В		1:25	3200m Final	G	
				1:50	3200m Final	В	
*	SCORING – In addition to dual meet			2:10	4x400m Final	G	
	points.   Individual Events = 10-8-6-5-4-3-2-	1		2:15	4x400m Final	В	
	Relays = 10-8-6-5-4-3-2						
*	Advancement: The winner of each trial heat and the next 5 fastest times will			Saturday Field Events			
					Weigh-ins from 8-9:10		
	move to the event final.			0.00			
*	Weigh-in of implements will take place			9:00	Long Jump	В	
	in the track shed, and weigh-in of vaulters in the pole vault area.			9:30	Shot Put	В	
				9:30	Discus	G	
				9:30	High Jump	G	
*	Alternates in each event will move into the competition field after all			9:30	Pole Vault	В	
	scratches have taken place.			11:30	Triple Jump	G	
	Alternates should clerk in with the			11:30	Javelin	G	
	other competitors in the event.			11:30	Discus	В	
*	Time schedule is approximate. The			After Girls	Triple Jump	В	
	morning and afternoon sessions will						
	start on time, but the events will run						
	one after the other. If we get ahead of						
	the times, we will continue to run ahead. If inclement weather						
	approaches, we will adjust the breaks						
	and may begin earlier than the						
	published times.						

## 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.