TRACK AND FIELD CHAMPIONSHIPS

Bensalem High School - May 10, 112019

| Friday Track Events |  |  |
| :---: | :---: | :---: |
| 3:30 | 100m H Trial | G |
| 3:45 | 110 mHH Trial | B |
| 4:00 | 100m Trial | G |
| 4:15 | 100m Trial | B |
| 4:30 | $4 \times 800 \mathrm{~m}$ | G |
| 4:50 | 4x800m | B |
| 5:05 | 200m Trial | G |
| 5:20 | 200m Trial | B |
| Friday Field Events |  |  |
|  | Weigh-ins from 1:30-3:10 |  |
| 3:30 | High Jump | B |
| 3:30 | Long Jump | G |
| 3:30 | Pole Vault | G |
| 3:30 | Shot Put |  |
| 3:30 | Javelin | B |
| * | SCORING - In addition to dual meet points. <br> Individual Events $=10-8-6-5-4-3-2-1$ <br> Relays $=10-8-6-5-4-3-2$ |  |
| * | Advancement: The winner of each tria heat and the next 5 fastest times will move to the event final. |  |
| * | Weigh-in of implements will take place in the track shed, and weigh-in of vaulters in the pole vault area. |  |
| * | Alternates in each event will move into the competition field after all scratches have taken place. Alternates should clerk in with the other competitors in the event. |  |
| * | Time schedule is approximate. The 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. |  |


| Saturday Track Events |  |  |
| :---: | :---: | :---: |
| 10:00 | 300 m IH Final | G |
| 10:15 | 300 m IH Final | B |
| 10:30 | 100m Final | G |
| 10:40 | 100 m Final | B |
| 10:50 | 1600 m Final | G |
| 11:05 | 1600 m Final | B |
| 11:20 | $4 \times 100 \mathrm{~m}$ Final | G |
| 11:25 | $4 \times 100 \mathrm{~m}$ Final | B |
| 11:30 | 400 m Final | G |
| 11:40 | 400m Final | B |
| Lunch Break |  |  |
| 12:45 | 100m H Final | G |
| 12:50 | 110 mHH Final | B |
| 12:55 | 800m Final | G |
| 1:00 | 800 m Final | B |
| 1:15 | 200m Final | G |
| 1:20 | 200m Final | B |
| 1:25 | 3200 m Final | G |
| 1:50 | 3200 m Final | B |
| 2:10 | $4 \times 400 \mathrm{~m}$ Final | G |
| 2:15 | $4 \times 400 \mathrm{~m}$ 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 $8^{\text {th }}$.

