

# AAAA Upper-State Qualifier

## Time Schedule

The times listed are only estimates, once the meet begins we will follow a rolling schedule.

\*\*\*\* This meet may run up to one hour ahead of schedule. Coaches, let your athletes know they may be asked to clerk in one hour ahead of schedule.

10:30 **Coaches Meeting**

11:00 4x800 Relay

Long Jump (B&G)

Shot Put (B)...Girls will start 30 min after Boys Finish

Discus (G)...Boys will start 30 min after Girls Finish

Pole Vault (G)...Boys will start 30 min after Girls Finish

Javelin (B)...Girls will start 30 min after Boys Finish

12:30 Triple Jump (B & G)

High Jump (G)... Boys will start 30 min after Girls Finish

12:45 4x100 Relay

1:15 High Hurdles

1:45 100m Dash

2:00 1600m

2:30 400m

3:00 400 Hurdles

3:30 800m

4:15 200m Dash

4:45 3200m

5:30 4x400 Relay