

CASSEL'S XBC TRACK EXPERIENCE

April 30th, 2022

Chantilly High School

The following schedule is approximate: We will roll through the morning and afternoon sessions even if we get ahead.

7:30 Registration begins; Weigh-in for pole vaulters.

8:15 Coaches Meeting

**8:30 Girls Shot Put (51- 4 flights) followed by Boys Shot (60-5 flights)
Boys Discus (58- 5 flights) followed by Girls Discus (51-4 flights)
Girls Long Jump (54- 4 flights) followed by Girls Triple (42- 3 flights)
Boys Long Jump (60- 5 flights) followed by Boys Triple Jump (45- 4 flights)
9:00 Boys High Jump (47) followed by Girls High (40)
Girls Pole Vault (23) followed by Boys Pole Vault (32)**

8:30 Girls 3200m Run (39)- 2 sections

9:05 Boys 3200m Run (49)- 3 sections

9:55 Girls 100 Meter Low Hurdles (51) – 9 sections

10:20 Boys 110 Meter High Hurdles (47) – 8 sections

10:50 Girls 400 Meter Dash (61) 11 sections

11:15 Boys 400 Meter Dash (67) 12 sections

11:40 Girls 1600m Run (unseeded heats- top 2 in afternoon) (51- 2 AM Sections; 2 PM Sections)

11:55 Boys 1600m Run (unseeded heats-top 2 in afternoon) (70- 3 AM Sections; 2 PM Sections)

12:45 PM (Recognition of Chantilly HS presentation of Boone Cox Memorial Scholarship, singing of National Anthem)

AFTERNOON SESSION

1:15 Girls 4x800m Relay (17)- 1 section

1:30 Boys 4x800m Relay (22)- 2 sections

1:55 Girls 100m Dash (64) -11 sections

2:20 Boys 100m Dash (69)- 12 sections

2:45 Girls 1600m Run (top 2 heats only)

3:05 Boys 1600m Run (top 2 heats only)

3:20 Girls 4x100m Relay (27)- 5 sections

3:35 Boys 4x100m Relay (30)- 5 sections

3:55 Girls 300m Hurdles (58)- 10 sections

4:20 Boys 300m Hurdles (57)- 10 sections

4:45 Girls 800m (52) – 4 sections

5:05 Boys 800m Run (63)- 5 sections

5:30 Girls 200m Dash (70) -12 sections

5:55 Boys 200m Dash (62)- 11 sections

6:20 Girls Freshman 1600m Run (38)- 2 sections

6:40 Boys Freshman 1600m Run (48)- 3 sections

7:00 Girls 4x400m Relay (26)- 5 sections

7:25 Boys 4x400m Relay (29)- 5 sections

**LIVE RESULTS WILL BE POSTED ON MILESTAT.COM, AND
WILL BE UPDATED AT THE CONCLUSION OF EACH EVENT.
PLEASE ACCESS USING THE QR CODE BELOW.**

