

4A Upper State Qualifying Meet

Time Schedule

9:00 - Gates Open

10:15 - Officials Meeting

10:30 - Coaches Meeting

Field Events - Start times for field events are approximate. The event schedule after 10:45 will be called when the same event at 10:45 is complete

10:45 Boys Long Jump (2 flights, 3 jumps, top 9 get 3 more)

10:45 Boys Shot Put (2 flights, 3 throws, top 9 get 3 more)

10:45 Boys High Jump

10:45 Girls Long Jump (2 flights, 3 jumps, top 9 get 3 more)

10:45 Girls Pole Vault

10:45 Girls Discus (2 flights, 3 throws, top 9 get 3 more)

12:45 Girls Triple Jump (2 flights, 3 jumps, top 9 get 3 more)

12:45 Girls Shot Put (2 flights, 3 throws, top 9 get 3 more)

12:45 Girls High Jump

12:45 Boys Triple Jump (2 flights, 3 jumps, top 9 get 3 more)

12:45 Boys Pole Vault

12:45 Boys Discus (2 flights, 3 throws, top 9 get 3 more)

1:30 Boys Javelin (2 flights, 3 throws, top 9 get 3 more)

1:30 Girls Javelin (2 flights, 3 throws, top 9 get 3 more)

Track Events

11:00 4x100 Meter Relay (6 sections)

11:25 4x800 Meter Relay (4 sections)

12:35 100/110 Meter Hurdles (6 sections)

12:50 100 Meter Dash (6 sections)

1:05 1600 Run (4 sections)

1:35 400 Meter Dash (6 sections)

1:55 400 Meter Hurdles (6 sections)

2:15 800 Meter Run (4 sections)

2:30 200 Meter Dash (6 sections)

2:40 3200 meter Run (2 sections)

3:05 4x400 Meter Relay (6 sections)