

Eastern District Division II
Track & Field Championships
West Holmes – 2023



Tuesday, May 16th

4:00 p.m. Field Events Begin (Top 4 Advance to Regionals)

- Girls High Jump
- Girls Shot Put
- Boys Long Jump
- Boys Discus
- Boys Pole Vault followed by Girls Pole Vault

5:00 p.m. Running Events – Semi-Finals

4 X 800 Meter Relay	Girls	Finals only – Top 4 to Regionals
4 X 800 Meter Relay	Boys	Finals only – Top 4 to Regionals
100 Meter Hurdles	Girls	Top 8 times advance to Finals
110 Meter Hurdles	Boys	Top 8 times advance to Finals
100 Meter Dash	Girls	Top 8 times advance to Finals
100 Meter Dash	Boys	Top 8 times advance to Finals
4 X 200 Meter Relay	Girls	Top 8 times advance to Finals
4 X 200 Meter Relay	Boys	Top 8 times advance to Finals
1600 Meter Run	Boys	Top 8 in each heat to Finals (if needed)
4 X 100 Meter Relay	Girls	Top 8 times advance to Finals
4 X 100 Meter Relay	Boys	Top 8 times advance to Finals
400 Meters	Girls	Top 8 times advance to Finals
400 Meters	Boys	Top 8 times advance to Finals
300 Meter Hurdles	Girls	Top 8 times advance to Finals
300 Meter Hurdles	Boys	Top 8 times advance to Finals
800 Meter Run	Girls	Top 8 in each heat to Finals (if needed)
800 Meter Run	Boys	Top 8 in each heat to Finals (if needed)
200 Meter Dash	Girls	Top 8 times advance to Finals
200 Meter Dash	Boys	Top 8 times advance to Finals
4 X 400 Meter Relay	Girls	Top 8 times advance to Finals
4 X 400 Meter Relay	Boys	Top 8 times advance to Finals

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Friday, May 19th

4:00	<u>Field Events Begin (Top 4 Advance to Regionals)</u>		
	Boys High Jump		
	Boys Shot Put		
	Girls Long Jump		
	Girls Discus		
5:00	<u>Finals (Top 4 Advance to Regionals)</u>		
	100 Meter Hurdles	Girls	Top 4 advance to Regional
	110 Meter Hurdles	Boys	Top 4 advance to Regional
	100 Meter Dash	Girls	Top 4 advance to Regional
	100 Meter Dash	Boys	Top 4 advance to Regional
	4 X 200 Meter Relay	Girls	Top 4 advance to Regional
	4 X 200 Meter Relay	Boys	Top 4 advance to Regional
	1600 Meter Run	Girls	Top 4 advance to Regional
	1600 Meter Run	Boys	Top 4 advance to Regional
	4 X 100 Meter Relay	Girls	Top 4 advance to Regional
	4 X 100 Meter Relay	Boys	Top 4 advance to Regional
	400 Meters Dash	Girls	Top 4 advance to Regional
	400 Meter Dash	Boys	Top 4 advance to Regional
	300 Meter Hurdles	Girls	Top 4 advance to Regional
	300 Meter Hurdles	Boys	Top 4 advance to Regional
	800 Meter Run	Girls	Top 4 advance to Regional
	800 Meter Run	Boys	Top 4 advance to Regional
	200 Meter Dash	Girls	Top 4 advance to Regional
	200 Meter Dash	Boys	Top 4 advance to Regional
	3200 Meter Run	Girls	Top 4 advance to Regional
	3200 Meter Run	Boys	Top 4 advance to Regional
	4 X 400 Meter Relay	Girls	Top 4 advance to Regional
	4 X 400 Meter Relay	Boys	Top 4 advance to Regional