

**Delco Championships (4/30, 5/1, 5/3) @ Penn Wood HS and Upper Darby HS**

**Wednesday, April 30th- Boys Trials (Penn Wood HS, 330pm start)**

<b><u>Track</u></b>	<b><u>Field</u></b>	*all finals
300m Hurdles	Pole Vault*	
800m	Javelin*	
JV 4x800m	Discus*	
100m	Triple Jump*	
3200m- Final*		
400m		
JV 4x100m		
110m Hurdles		
JV 1600m		
200m		
JV 4x400m	<i>JV Events to be hand timed</i>	
* all track events are trials except where noted		

**Thursday, May 1st- Girls Trials (Upper Darby HS, 4pm start)**

<b><u>Track</u></b>	<b><u>Field</u></b>	*all finals
300m Hurdles	High Jump*	
100m	Javelin*	
3200m- Final*	Shot Put*	
400m	Triple Jump*	
100m Hurdles	Pole Vault*	
800m		
200m		
* all track events are trials except where noted		

**Saturday, May 3rd- Combined Finals (Upper Darby HS, 2pm field, 3pm track start time)**

<b>Track</b>		<b>Field</b>	*all finals		
300m Hurdles	<i>2 heats of 8</i>	High Jump (Boys)			
4x800m	<i>1 team per school</i>	Shot Put (Boys)			
100m	<i>2 heats of 8</i>	Long Jump (Boys and Girls)- 2 pits			
Unified 100m		Discus (Girls)			
1600m	<i>Finals on time</i>				
4x100m	<i>1 team per school</i>				
400m	<i>2 heats of 8</i>				
100m Hurdles	<i>2 heats of 8</i>				
110m Hurdles	<i>2 heats of 8</i>				
800m	<i>16 to final</i>				
200m	<i>2 heats of 8</i>				
Break 15 min					
4x400m	<i>1 team per school</i>				