

District One Track & Field Championship

Schedule of Events

Friday, May 17, 2024

*This time schedule listed for the District 1 Meet is TENTATIVE. Each session (Friday Session I, Friday, Session II) will start at the time listed. However within a session, each event will run ONE EVENT AFTER THE OTHER but not more than 15 minutes ahead of the time listed. Coaches and athletes must be aware that the meet may run ahead of schedule.*

Event	Class	Time
Session I		
4X800m Relay Final on Time - Girls, Boys	AA, AAA	10:00 am
100m Hurdles Trial – Girls	AA, AAA	11:15 am
110m Hurdles Trial – Boys	AA, AAA	11:30 am
100m Dash Trial– Girls, Boys	AA, AAA	11:45 am
BREAK		
Session II		
1600m Run Final on Time – Girls, Boys	AA, AAA	12:45 pm
4X100m Relay Trial – Girls, Boys	AA, AAA	1:30 pm
400m Dash Trial – Girls, Boys	AA, AAA	2:00 pm
300m Hurdles Trial – Girls, Boys	AA, AAA	2:45 pm
BREAK		
200m Dash Trial – Girls, Boys	AA, AAA	3:30 pm
FIELD EVENTS – PRELIMINARIES/FINAL		
Long Jump – Girls	AA	10:00 am
Long Jump – Girls	AAA	10:00 am
High Jump – Boys	AAA	10:00 am
Pole Vault – Girls	AA	10:00 am
Pole Vault – Girls	AAA	follows AA Girls PV
Shot Put – Girls	AA	10:00 am
Shot Put - Boys	AAA	follows AA Girls SP
Discus – Girls	AAA	10:00 am
Discus – Boys	AA	follows AAA Girls Discus
Javelin – Girls	AAA	1:00 pm
Javelin – Boys	AA	follows AAA Girls Jav
Long Jump – Boys	AA	1:00 pm
Long Jump – Boys	AAA	1:00 pm
High Jump – Girls	AAA	1:00 pm

District One Track & Field Championship  
 Schedule of Events  
 Saturday, May 18, 2024

*This time schedule listed for the District 1 Meet is TENTATIVE. Each session (Saturday AM, Saturday PM) will start at the time listed. However within a session, each event will run ONE EVENT AFTER THE OTHER but not more than 15 minutes ahead of the time listed. Coaches and athletes must be aware that the meet may run ahead of schedule.*

Event	Class	Time
3200m Run Final – Girls, Boys	AA, AAA	9:00 am
100m Hurdles Final – Girls	AA, AAA	10:00 am
110m Hurdles Final – Boys	AA, AAA	10:15 am
100m Dash Final – Girls, Boys	AA, AAA	10:30 am
 LUNCH		
4X100m Relay Final – Girls, Boys	AA, AAA	12:00 pm
400m Dash Final – Girls, Boys	AA, AAA	12:15 pm
300m Hurdles Final – Girls, Boys	AA, AAA	12:40 pm
800m Run Final on Time – Girls, Boys	AA, AAA	12:55 pm
200m Dash Final – Girls, Boys	AA, AAA	1:30 pm
 BREAK – <u>30 minute minimum</u>		
4X400m Relay Final on Time – Girls, Boys	AA, AAA	2:30 pm
 FIELD EVENTS – PRELIMINARIES/FINAL		
Triple Jump – Girls	AA	9:00 am
Triple Jump – Girls	AAA	9:00 am
High Jump – Boys	AA	9:00 am
Pole Vault – Boys	AA	9:00 am
Pole Vault – Boys	AAA	follows AA Boys PV
Shot Put – Girls	AAA	9:00 am
Shot Put – Boys	AA	follows AAA Girls SP
Discus – Girls	AA	9:00 am
Discus – Boys	AAA	follows AA Girls Discus
Javelin – Girls	AA	12:30 pm
Javelin – Boys	AAA	follows AA Girls Jav
Triple Jump – Boys	AA	12:30 pm
Triple Jump – Boys	AAA	12:30 pm
High Jump – Girls	AA	12:00 pm

# IMPLEMENT INSPECTION SCHEDULE

## District I Track Meet

### Friday, May 17, 2024

AAA Girls Javelin	11:00 am – 12:15 pm
AA Boys Javelin	11:00 am – 12:15 pm

Pole Vault Weigh-In	
AA Girls	9:00 am – 9:30 am
AAA Girls	9:30 am – 9:45 am

### Saturday, May 18, 2024

AA Girls Javelin	11:00 am – 12:00 noon
AAA Boys Javelin	11:00 am – 12:00 noon

Pole Vault Weigh-In	
AA Boys	8:00am – 8:30am
AAA Boys	8:30am – 9:15am

All impounded implements will be available for pick-up from 2:45pm until 3:30pm on Saturday, May 18, 2024.

### FIELD EVENT COMPETITION/SEEDING

1. LJ, TJ, SP, DIS, & JAV will be seeded worst to best
2. LJ, TJ, SP, DIS, & JAV may be separated into flights
3. Each member of each flight has three (3) trial attempts. Competitors advancing to the finals will have another three (3) attempts. Weather may cause a need for change or another arrangement.
4. The nine (9) best competitors make the final with the best jump or best throw last.
5. HJ & PV will be seeded poorest to best

### DISTRICT I STARTING HEIGHTS

	AAA Girls	AA Girls	AAA Boys	AA Boys
High Jump	4' 9"	TBD	5' 11"	TBD
Pole Vault	9' 6"	TBD	12' 0"	TBD