

DISTRICT 2-C TRACK AND FIELD

May 7, 2024 @ Lambert

High School SCHEDULE

Coaches Meeting and Scratch Meeting 8:30am

TRACK EVENTS

FIELD EVENTS

****8:00am-9:00am Pole Vault Warm-Up (Girls)

10:00am	100 Meter Hurdles	Girls
	110 Meter Hurdles	Boys
10:30am	100 Meter Dash	Girls
	100 Meter Dash	Boys
10:50am	1600 Meter Run	Girls
	1600 Meter Run	Boys
11:20am	400 Meter Relay	Girls
	400 Meter Relay	Boys
11:50am	400 Meter Dash	Girls
	400 Meter Dash	Boys

9:00am	Pole Vault	Girls
9:30am	Shot Put	Girls
	Javelin	Boys
	High Jump	Boys
	Triple Jump	Girls
11:00am	Discus	Girls
	Long Jump	Boys

****11:00am-12:00am Pole Vault Warm-Up (Boys)

12:00am	Pole Vault	Boys
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-----Lunch Break-----

1:00pm	300 Meter Hurdles	Girls
	300 Meter Hurdles	Boys
1:30pm	800 Meter Run	Girls
	800 Meter Run	Boys
1:50pm	200 Meter Dash	Girls
	200 Meter Dash	Boys
2:15pm	3200 Meter Run	Girls
	3200 Meter Run	Boys
2:45pm	1600 Meter Relay	Girls
	1600 Meter Relay	Boys

12:15pm	Javelin	Girls
	High Jump	Girls
	Shot Put	Boys
	Triple Jump	Boys

1:45pm	Long Jump	Girls
	Discus	Boys