

EAST SECTION TRACK AND FIELD MEET
WEDNESDAY, MAY 22, 2019 – R.B. LYONS TRACK AND FIELD, OUTLOOK
3000m All runners advance to District Meet (will need a time for this year)

TRACK			FIELD EVENTS								
Start Time	Event and Category		Start Time	Bantam Boys	Bantam Girls	Midget Boys	Midget Girls	Junior Boys	Junior Girls	Senior Boys	Senior Girls
10:15	80m Hurdles BG, MG, BB, JG, SG		10:15	JT	SP		DT	LJ		TJ	HJ
10:35	100m Hurdles MB, JB, SB							Quad (all)			
	100m Heats BG, MG, JG, SG		10:45	LJ	TJ		HJ	DT	JT		SP
	100m Heats BB, MB, JB, SB, Quad										
11:15	800m Finals BG, MG, JG, SG		11:15	DT		JT	SP	HJ	LJ		TJ
	800m Finals BB, MB, JB, SB										
11:45	200m Time Final BG, MG, JG, SG		11:45	HJ		LJ	TJ	SP	DT	JT	
	200m Time Final BB, MB, JB, SB							Quad (all)			
12:15	BREAK		12:15	SP	JT	DT		TJ	HJ	LJ	
	BREAK		12:45	TJ	LJ	HJ			SP	DT	JT
1:15	1500m BG, MG, JG, SG		1:30		DT	SP	JT		TJ	HJ	LJ
	1500m BB, MB, JB, SB										
1:45	100m Final BG, MG, JG, SG				HJ	TJ	LJ	JT		SP	DT
	100m Final BB, MB, JB, SB		2:00								
2:15	400m Time Final BG, MG, JG, SG										
	400m Time Final BB, MB, JB, SB										
	Quad 800m										
	Relays										

