

**SDHSAA 2016 REGION 8A / AA LAST CHANCE
TRACK AND FIELD MEET
MEET SCHEDULE
Thursday, May 19th**

Implement weigh-in will begin in the shed at the northeast end of the track at 8:30.

TEAM CAMPS – CITY PARK

**COACHES/FINALIZATION MEETING AT 9:00 UNDER THE EAST GOAL POST
'SCRATCH FORMS' AND 'ENTERED BUT NOT COMPETING' FORMS DUE BY 9:00 IN THE
TRAILER**

ALL EVENTS WILL BE "A" FOLLOWED BY "AA"

SESSION ONE – 9:30

FIELD EVENTS

POLE VAULT	Boys (A – AA) followed by Girls (A – AA)
LONG JUMP	Girls (A – AA) followed by Boys (A – AA)
TRIPLE JUMP	Boys (A – AA) followed by Girls (A – AA)
HIGH JUMP	Girls (A – AA) followed by Boys (A – AA)
SHOT PUT	Girls (A – AA) followed by Boys (A – AA)
DISCUS	Boys (A – AA) followed by Girls (A – AA)

- LONG JUMP - RUNWAY 1
- TRIPLE JUMP – RUNWAY 2

SESSION TWO – 11:30 – ALL TIMES WILL BE FAT

RUNNING EVENTS

PRELIMS

11:30	Girls 100m Hurdles	12:35	Boys 100m Dash
11:40	Boys 110m Hurdles	12:45	Boys 3200m Relay -- FINAL
11:50	Girls 3200m Relay -- FINAL	1:10	Break
12:20	Girls 100m Dash		

FINAL SESSION – 1:45 – ALL FINALS – ALL TIMES WILL BE FAT

1:45	Girls 100m Hurdles	3:40	Girls 300m Hurdles
	Boys 110m Hurdles		Boys 300m Hurdles
1:55	Girls 100m Dash	4:05	Girls Medley Relay
	Boys 100m Dash		Boys Medley Relay
2:10	Girls 800m Relay	4:35	Girls 800m Run
	Boys 800m Relay		Boys 800m Run
2:30	Girls 1600m Run	5:00	Girls 200m Dash
	Boys 1600m Run		Boys 200m Dash
3:05	Girls 400m Relay	5:20	Girls 3200m Run
	Boys 400m Relay		Boys 3200m Run
3:15	Girls 400m Dash	6:20	Girls 1600m Relay
	Boys 400m Dash		Boys 1600m Relay