

2014 C-7 District Meet Schedule

1:00 – Coaches' Meeting in the Lecture Hall

2:00 – Start of Field Events

Shot Put	Girls followed by Boys
Discus	Boys followed by Girls
Pole Vault	Girls followed by Boys
High Jump	Boys followed by Girls
Long Jump	Boys followed by Girls (North-South Runways)
Triple Jump	Girls followed by Boys (East-West Runways)

4:00 - First Session of Running Events

(All events are girls followed by boys and prelims unless noted)

3200m Relay Finals

100m High Hurdles (girls)

110m High Hurdles (boys)

100m Dash

400m Dash Finals

3200m Run Finals

200m Dash

Approx. 30 minute break. **Meal provided for all coaches and workers in the cafeteria.**

Finals Session

100m Hurdles (girls)

110m Hurdles (boys)

100m Dash

800m Run

300m Hurdles

200m Dash

1600m Run

400m Relay

1600m Relay