

SECTION 4: DISTRICT MEET INSTRUCTIONS

- A. **Deadlines:** The District Meet entry deadline is 4:00 p.m. on the Monday prior to the District Meet. Failure to do so will result in a fine. All entries are blind. The official entry process is an **ONLINE** website, which a head coach must access at www.trxctiming.com. There will be no entry forms to mail or fax to the District Meet Manager; however, coaches must be prepared to provide proof of all performances in case one or more performances are challenged. Coaches may manage their entries until 4:00 p.m. on Wednesday. The protest period will be from 6:00 p.m. on Wednesday until 12:00 p.m. on Thursday.
- B. **Eligibility:** Only those students certified eligible on the school's track and field eligibility roster on the MSHSAA website by the school Athletic Director, Superintendent, or Principal are eligible to compete in the District Meet. Entries submitted after the entry deadline shall not be accepted unless they are received by the meet manager prior to 4:00 p.m. on the Wednesday prior to the meet, and then only if the school pays a late penalty of \$50.00.
- C. **Admission:** The admission charged for District Meets is \$4.00 for students and adults. Children five (5) and under are free of charge.
- D. **Pass Lists:** The pass list for district track and field is located on the MSHSAA website under track and field. Please fill out this form and email or fax to your district manager at least 5 days prior to the district track meet.
- E. **Advancers:** All advancers/qualifiers from the District Meet to the Sectional Meet will automatically be forwarded to the online entry website from the District Meet Manager. There will be no Sectional Meet entry form to turn in; however, coaches have from Monday prior to the Sectional meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website.
- F. **Uniform Scoring System:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places, and District meets conducted on a 6-lane track shall score 6 places.)
- G. All District events should be conducted just as State Meet events are conducted. **Exception: The 800 meter run will be conducted at the district meets in sections of 16 participants on an 8-lane track and sections of 12 participants on a 6-lane track, with the top-seeded entries being assigned to the last section and with the one-turn box alley starting method being utilized. The seeding assignment shall be:**

Alley 1	Alley 2	Alley 3	Alley 4
3, 7, 11, 15	1, 5, 9, 13	2, 6, 10, 14	4, 8, 12, 16

- H. **Lane Assignments:** Lane assignments for all races shall be determined by the serpentine seed method for all school classifications. One-turn alleys shall be the starting method in the distance races and 4x800 meter relay.

When necessary, preliminaries will be conducted in the 100m dash, the 110m High Hurdles (boys), the 100m Hurdles (girls), and the 200m dash.

1. **6-Lane Track:** Preliminaries will be conducted in 2 heats, 3 heats, or 6 heats.
 - a. 1-12 athletes: 2 heats, 6 to finals.
 - b. 13-18 athletes: 3 heats, 6 to finals.
 - c. 19-36 athletes: 6 heats, 12 to semifinals, 6 to finals
 - d. 1-6 athletes: Finals Only

- a. **Two (2) preliminaries to finals: Two (2) first place finishers meet four (4) fastest times to finals.**

PRELIMINARIES		
Lane	Heat	Heat
1	10	9
2	6	5
3	2	1
4	3	4
5	7	8
6	11	12

- b. Three (3) preliminaries to finals: Three (3) first place finishers, next three (3) fastest times to finals.

PRELIMINARIES			
Lane	Heat	Heat	Heat
1	15	14	13
2	9	8	7
3	3	2	1
4	4	5	6
5	10	11	12
6	16	17	18

- c. Six (6) preliminaries to semifinals: Six (6) first place winners, next six (6) fastest times to semifinals.

PRELIMINARIES						
Lane	Heat	Heat	Heat	Heat	Heat	Heat
1	30	29	28	27	26	25
2	18	17	16	15	14	13
3	6	5	45	3	2	1
4	7	8	9	10	11	12
5	19	20	21	22	23	24
6	31	32	33	34	35	36

Two (2) heats in the semifinals:

SEMIFINALS		
Lane	Heat	Heat
1	4 th Fastest Non-Winner	3 rd Fastest Non-Winner
2	6 th Fastest First Place	5 th Fastest First Place
3	2 nd Fastest First Place	1 st Fastest First Place
4	3 rd Fastest First Place	4 th Fastest First Place
5	1 st Fastest Non-Winner	2 nd Fastest Non-Winner
6	5 th Fastest Non-Winner	6 th Fastest Non-Winner

- d. Finals: Two (2) first place winners, next six (6) fastest times.

FINALS	
Lane	Final
1	3 rd Fastest Non-winner
2	1 st Fastest Non-Winner
3	1 st Fastest First Place
4	2 nd Fastest First Place
5	2 nd Fastest Non-Winner
6	4 th Fastest Non-Winner

2. **8-Lane Track:** Preliminaries will be conducted in 2 heats, 4 heats, or 8 heats.

- a. 1-16 athletes: 2 heats, 8 to finals.
- b. 17-32 athletes: 4 heats, 8 to finals.
- c. 33-64 athletes: 8 heats, 16 to semifinals, 8 to finals
- d. 1-8 athletes: Finals Only

a. **Two (2) preliminaries to finals: Two (2) first place finishers, next six (6) fastest times to finals.**

PRELIMINARIES		
Lane	Heat	Heat
1	14	13
2	10	9
3	6	5
4	2	1
5	3	4
6	7	8
7	11	12
8	15	16

b. **Four (4) preliminaries to finals: Four (4) first place finishers, next four (4) fastest times to finals.**

PRELIMINARIES				
Lane	Heat	Heat	Heat	Heat
1	28	27	26	25
2	20	19	18	17
3	12	11	10	9
4	4	3	2	1
5	5	6	7	8
6	13	14	15	16
7	21	22	23	24
8	29	30	31	32

c. **Prelims to Semifinals to Finals.**
Eight (8) first-place winners and the next eight (8) fastest times (Fail safe Top 2 from each heat)

Lane	Heat	Heat	Heat	Heat	Heat	Heat	Heat	Heat
1	56	55	54	53	52	51	50	49
2	40	39	38	37	36	35	34	33
3	24	23	22	21	20	19	18	17
4	8	7	6	5	4	3	2	1
5	9	10	11	12	13	14	15	16
6	25	26	27	28	29	30	31	32
7	41	42	43	44	45	46	47	48
8	57	58	59	60	61	62	63	64

SEMIFINALS		
Lane	Heat	Heat
1	6 th Fastest Non-Winner	5 th Fastest Non-Winner
2	2 nd Fastest Non-Winner	1 st Fastest Non-Winner
3	6 th Fastest First Place	5 th Fast First Place
4	2 nd Fastest First Place	1 st Fastest First Place
5	3 rd Fastest First Place	4 th Fastest First Place
6	7 th Fastest First Place	8 th Fastest First Place
7	3 rd Fastest Non-Winner	4 th Fastest Non-Winner
8	7 th Fastest Non-Winner	8 th Fastest Non-Winner

Lane	Finals
1	5 th Fastest Non-Winner
2	3 rd Fastest Non-Winner
3	1 st Fastest Non-Winner
4	1 st Fastest First Place
5	2 nd Fastest First Place
6	2 nd Fastest Non-Winner
7	4 th Fastest Non-Winner
8	6 th Fastest Non-Winner

- I. **Tie Breaking Procedures:** In the event of a tie for the last qualifying position, apply the National Federation tie-breaker system. If a tie still remains, a run-off, jump-off, or throw-off, shall be conducted.
- In the pole vault and high jump (after applying the first two steps of the National Federation tie-breaker system) if the tie still remains, the tie-breaking procedure for first place will be used. Tie breaking competition should be held at the conclusion of the field event.
 - If the tie occurs for a qualifying position in a running event, the run-off should be held 30 minutes after the conclusion of the track meet. **Exception: If there is a tie for the last qualifying position to the finals from the preliminaries, the run-off must occur before the running finals begin. You can split this 4x800m relays with a run off only if the contestants are not in the 200m dash. You must still take a 30 minute break before the start of the finals.**
- J. **Scratches:** An athlete may be scratched at the coaches meeting prior to the District meet from an event or events entered without affecting his/her eligibility in other events in which he/she may be entered. However, if the athlete is not scratched at the coaches meeting, he/she or coach must report the scratch to the clerk of the course or the event judge in those field events in which he/she is entered in order to be eligible to compete in the remaining events entered. In either case, this event(s) shall count toward the individual athlete's participation limitation.
- K. **Relay Substitutions and Relay Entries:** A substitution may be made on relay teams in the District, Sectional, and State Meets up to the start of the race, **provided names are listed on the online entry website.** No more than six (6) individuals per relay team may be listed on the online entry website. Only those contestants actually designated as members of the relay to participate will be charged with an event as the relay team reports to the clerk of the course (NF Rule 5-9-2).
- The District, Sectional and State Meets are considered separate meets. Therefore, when a school qualifies a relay team the **six (6) contestants listed on the online entry website** can change from one level meet to another.
 - Relay Entries (4x100, 4x200, 4x400, 4x800):** To clarify relay team make-up for the District, Sectional, and State Meets, it must be understood that when a contestant becomes a competitor, the relay will count as one of the contestant's four (4) events.
 - A contestant is anyone listed on the online entry website.
 - The relay **team** is an entry. Up to six (6) individuals may be listed as contestants to be designated as actual competitors for the specific relay team.
 - The relay team and four designated members to run become competitors after the relay team reports to the clerk of the course. This event **now** counts as an event in which each of the four (4) listed competitors competed.
 - The four (4) designated members of the relay team may be adjusted from heat to heat from those six (6) listed on the online entry website providing the participation limitation rule is not violated.
 - It is possible to list a contestant on more than one relay team as indicated in the following illustration.

Number of Individual Events Entered:	Number of Relays Allowed
4 Individual Events	Zero (0) Relays Allowed
3 Individual Events	May be listed on any number of relay teams. May participate on only one (1) relay team.
2 Individual Events	May be listed on any number of relay teams. May participate on only two (2) relay teams.
1 Individual Event	May be listed on any number of relay teams. May participate on only three (3) relay teams.
0 Individual Events	May be listed on all four (4) relay teams. May participate on all four (4) relay teams.

- f) Once the entry deadline passes for scratches (Wednesday at 4:00 p.m.), a contestant cannot be scratched from an individual event to make him/her eligible for another relay.

Penalty: If a contestant is officially entered into five or more individual events, they will be disqualified from the meet.

L. Field Events: The following regulations will apply to the administration of the field events. If possible, those regulations outlined for field events in the State Meet in this Manual should also be followed. (See NF Rules 6 and 7 for regulations).

- Contestants in the field events are solely responsible for reporting immediately when the event is announced. After being called for each trial, the contestant shall complete the trial within one minute. **EXCEPTION: Contestants in the pole vault are allowed 1 ½ minutes, 3 or less-4 minutes, 1 remaining-6 minutes. Contestants in the high jump are allowed 1 minute, 3 or less-3 minutes, 1 remaining-5 minutes.** A competitor will be charged with an unsuccessful attempt if the competitor does not initiate a trial that is carried to completion or indicate he is passing before the start of the clock. (NF Rules 6-2-9 & 7-2-5) All athletes entered in field events shall report to the event judge prior to the start of competition.
- Each competitor in the shot put, discus, triple jump and long jump events shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. The triple jump and long jump shall be run cafeteria style; the shot put and discus will be run in flights according to NFHS rules. Competitors must complete their trials within the specified time limit. Finals to start 10 minutes after the finalists are declared and announced.
- Discus and Shot Put:** The discus and shot put shall be contested using a sector of 34.92 degrees (NF Rule 6-4-5 and 6-5-5).

A. Measurements:

- Discus:** Measurements shall be recorded to the nearest lesser inch or even number centimeter (e.g., 0-2-4-6-8). Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
 - Shot Put:** Measurement shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
 - Long Jump and Triple Jump:** Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements may be made with non-stretchable tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). Other scientific measuring devices may be used if approved by the games committee.
- B. Nine (9) contestants shall qualify for the finals in the shot put, discus, long jump and triple jump when eight (8) places are scored (there shall be only seven (7) contestants qualifying for the finals when six (6) places are scored). In case of a tie for the ninth (9th) (or final qualifying) place, contestants tying for the place will qualify for the finals.

M. Time Limit Procedure for Excused Competitors: Guidelines for a competitor who has been excused from one event to compete in another at the District, Sectional, or State Meet.

- The athlete must notify the event judge that they will be leaving for a running event.
- The judge will record the time that the athlete is excused to compete. The judge, as a courtesy, informs the athletes of the time limitations involved. It is the coach's responsibility to inform his or her athlete of this rule.
- The athlete shall wait until AT LEAST the third call for a running event before being excused. The judge may require the athlete to stay at the event if it is determined that the conflicting event is to be delayed.
- The judge may allow the athlete to take more than 1 trial out of turn before being excused.
- From the time the competitor is excused, the judge will allow 15 minutes plus the maximum amount of time allowed for an attempt of the event in question. This time will vary in accordance with Rule 7-2-5 of the National Federation Rule Book (1 minute in all events; 1 ½ minutes in the Pole Vault).
- In the High Jump and Pole Vault, if the athlete has failed to return in the allotted time and all other competitors have passed, failed, or cleared the existing height, then the crossbar shall be raised to the next height, and the judge will pass the excused competitor to the next height.

7. In the reverse order of finals for the Shot Put, Discus, Long Jump and Triple Jump. Athletes must take their trial in rotation unless they have been excused by the Event Judge. If they are not checked back at the allotted time and everyone else has completed that rotation, they will forfeit that trial.
8. Only the FIRST PLACE competitor has the privilege of waiting until all the previous jumps or throws have been completed in the finals.
9. The field event judge must be fair to all competitors, not only the overcommitted athlete, but the other competitors waiting for their event to move on as well. Coaches must take into account the limited time allowed to compete in other events when determining their entries and must take responsibility for the consequences of over-committing their athletes.

SPECIAL EMPHASIS (Rule 7-2-6): In preliminaries and finals, the Head Judge may change the order of competition to accommodate those who may be excused to participate in other events.

10. The shot shall be made of a metal or material not softer than brass (NF Rule 6-5-1). Contestants may use their own implements in competition provided they are inspected and approved by the Head Field Judge. Implements so approved shall be placed in a pool and may be used by all contestants.
11. The starting heights for the pole vault and high jump will be determined by the games committee. The "continuing flight" procedure will be used in conducting the high jump (five alive) and the pole vault (five alive). Best jumpers will jump last. In the pole vault, an athlete's poles shall be approved by the event judge before warming-up. **Note new NFHS rule 7-5.16: "A pole vault competitor(s) who has passed three consecutive heights and has not entered the competition should be permitted two minutes of warm-up jumps per the number of competitors entering at that height without the crossbar in place. The competitor(s) shall enter the competition at that height. Such warm-up must be taken at a height change.**
12. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands during competition (NFHS 7-5-21).
13. Contestants shall be permitted two check-marks (types of allowable material to be determined by the Games Committee) in the jumping events.

**DISTRICT QUALIFYING MINIMUM STANDARDS
MEET PERFORMANCE CERTIFICATION (DISTRICT ENTRY PROCEDURE)
MSHSAA TRACK AND FIELD HANDBOOK**

If a school has more than two (2) entries in an individual event at the District Meet, then all entries must meet the Qualifying Standards and all performances must be certified as having been achieved in a regular season meet of four (4) or more teams.

Date of Meet: _____
Host Location: _____
Number of Participating Schools: _____
Name of Event: _____ BOYS GIRLS
Class: _____
2012 Qualifying Standard: _____

Converted Hand-Held times must first be rounded UP to the next 1/10th and then converted by adding 0.24.

FAT Time Achieved: _____
Hand-Held Time Achieved: _____
Plus Rounded up to the Next 1/10th: _____
Plus Adding 0.24: _____
Official Performance Achieved: _____
 FAT: _____
 Hand-Held: _____
Athlete's Name: _____
Athlete's School: _____
Submitting Coach's Signature: _____
Meet Referee or Manager Signature: _____
Date: _____

Hand-Held Example:

Hand-held time achieved:	10.42
Plus rounded up to next 1/10 th :	10.50
Plus adding 0.24:	0.24
Official Converted Time:	10.74

**This certification must be faxed (573-875-1450) to Harvey Richards
by 4:00 p.m. on Monday prior to the District Meet.**

DISTRICT TRACK MEET TIME SCHEDULE
OPTION #1: Two Horizontal Jumps Runways and Separate Pole Vault Runway

10:00 Coaches Meeting

Shot and Discus – 3 Prelim Throws, 3 Final Throws, 9 to Finals (8-lane track)

1:00 Boys Discus – Finals Follow
 1:00 Girls Shot Put – Finals Follow
 11:00 Boys Shot Put – Finals Follow
 11:00 Girls Discus – Finals Follow

Long Jump and Triple Jump – 3 Prelim Jumps, 3 Final Jumps, 9 to Finals (8-lane track)

Finals Follow the Prelims

11:00	Boys Long Jump Runway #1	Cafeteria Style (1.5 Hours)
11:00	Girls Triple Jump Runway #2	Cafeteria Style (1.5 Hours)
1:00	Boys Triple Jump Runway #1	Cafeteria Style (1.5 Hours)
1:00	Girls Long Jump Runway #2	Cafeteria Style (1.5 Hours)
11:00	Girls High Jump (3 alive)	Starting Height _____
1:00	Boys High Jump (3 alive)	Starting Height _____
11:00	Boys Pole Vault (5 alive)	Starting Height _____
1:00	Girls Pole Vault (5 alive)	Starting Height _____

Preliminary Running Events – Beginning at 11:30

11:30	Boys 110 meter high hurdles	Prelim
11:45	Girls 100 meter (33" hurdles)	Prelim
11:55	Boys 100 meter dash	Prelim
12:05	Girls 100 meter dash	Prelim
12:15	Boys 3200 meter relay	Final Box Alley
12:30	Girls 3200 meter relay	Final Box Alley
12:45	Boys 200 meter dash	Prelim
12:55	Girls 200 meter dash	Prelim

Finals – Beginning at 1:30

1:30	Boys 110 meter high hurdles	Final
1:40	Girls 100 meter (33" hurdles)	Final
1:50	Boys 100 meter dash	Final
1:55	Girls 100 meter dash	Final
2:10	Boys 4 x 200 meter relay	(Heats vs. Time)
2:20	Girls 4 x 200 meter relay	(Heats vs. Time)
2:30	Boys 1600 meter run	Box Alley Start
2:45	Girls 1600 meter run	Box Alley Start
3:00	Boys 4 x 100 meter relay	(Heats vs. Time)
3:10	Girls 4 x 100 meter relay	(Heats vs. Time)
3:20	Boys 400 meter dash	(Heats vs. Time)
3:30	Girls 400 meter dash	(Heats vs. Time)
3:45	Boys 300 meter hurdles	(Heats vs. Time)
4:00	Girls 300 meter hurdles	(Heats vs. Time)
4:15	Boys 800 meter run	Box Alley Start
4:25	Girls 800 meter run	Box Alley Start
4:40	Boys 200 meter dash	Final
4:45	Girls 200 meter dash	Final
4:55	Boys 3200 meter run	Box Alley Start
5:10	Girls 3200 meter run	Box Alley Start
5:25	Boys 4 x 400 meter relay	3 turn stagger Heats vs. Time
5:35	Girls 4 x 400 meter relay	3 turn stagger Heats vs. Time

DISTRICT TRACK MEET TIME SCHEDULE

OPTION #2: One Long Jump Runway + Shared Long Jump/Pole Vault Runway

10:00 Coaches Meeting

Shot and Discus – 3 Prelim Throws, 3 Final Throws, 9 to Finals (on an 8-lane track)

1:00	Boys Discus – Finals Follow
1:00	Girls Shot Put – Finals Follow
11:00	Boys Shot Put – Finals Follow
11:00	Girls Discus – Finals Follow

Long Jump and Triple Jump – 3 Prelim Jumps, 3 Final Jumps, 9 to Finals (8-lane track)

Finals Follow the Prelims

1:00	Boys Long Jump Runway #1	Cafeteria Style (1.5 Hours)
11:00	Girls Long Jump Runway #2	Cafeteria Style (1.5 Hours)
3:00	Boys Triple Jump Runway #2	Cafeteria Style (1.5 Hours)
1:00	Girls Triple Jump Runway #2	Cafeteria Style (1.5 Hours)
11:00	Girls High Jump (3 alive)	Starting Height _____
1:00	Boys High Jump (3 alive)	Starting Height _____
11:00	Boys Pole Vault (5 alive) Runway #1	Starting Height _____
3:00	Girls Pole Vault (5 alive) Runway #1	Starting Height _____

Preliminary Running Events – Beginning at 11:30

11:30	Boys 110 meter high hurdles	Prelim
11:45	Girls 100 meter (33" hurdles)	Prelim
11:55	Boys 100 meter dash	Prelim
12:05	Girls 100 meter dash	Prelim
12:15	Boys 3200 meter relay	Final Box Alley
12:30	Girls 3200 meter relay	Final Box Alley
12:45	Boys 200 meter dash	Prelim
12:55	Girls 200 meter dash	Prelim

Finals – Beginning at 1:30

1:30	Boys 110 meter high hurdles	Final
1:40	Girls 100 meter (33" hurdles)	Final
1:50	Boys 100 meter dash	Final
1:55	Girls 100 meter dash	Final
2:10	Boys 4 x 200 meter relay	(Heats vs. Time)
2:20	Girls 4 x 200 meter relay	(Heats vs. Time)
2:30	Boys 1600 meter run	Box Alley Start
2:45	Girls 1600 meter run	Box Alley Start
3:00	Boys 4 x 100 meter relay	(Heats vs. Time)
3:10	Girls 4 x 100 meter relay	(Heats vs. Time)
3:20	Boys 400 meter dash	(Heats vs. Time)
3:30	Girls 400 meter dash	(Heats vs. Time)
3:45	Boys 300 meter hurdles	(Heats vs. Time)
4:00	Girls 300 meter hurdles	(Heats vs. Time)
4:15	Boys 800 meter run	Box Alley Start
4:25	Girls 800 meter run	Box Alley Start
4:40	Boys 200 meter dash	Final
4:45	Girls 200 meter dash	Final
4:55	Boys 3200 meter run	Box Alley Start
5:10	Girls 3200 meter run	Box Alley Start
5:25	Boys 4 x 400 meter relay	3 turn stagger Heats vs. Time
5:35	Girls 4 x 400 meter relay	3 turn stagger Heats vs. Time

DISTRICT TRACK MEET TIME SCHEDULE
OPTION #3: One Horizontal Jump Runway & Separate Pole Vault Runways

10:00 Coaches Meeting

Shot and Discus – 3 Prelim Throws, 3 Final Throws, 9 to Finals (8-lane track)

1:00 Boys Discus – Finals Follow
 1:00 Girls Shot Put – Finals Follow
 11:00 Boys Shot Put – Finals Follow
 11:00 Girls Discus – Finals Follow

Long Jump and Triple Jump – 3 Prelim Jumps, 3 Final Jumps, 9 to Finals (8-lane track)

Finals Follow the Prelims

11:00	Boys Long Jump Runway	Cafeteria Style (1.5 Hours)
1:00	Girls Long Jump Runway	Cafeteria Style (1.5 Hours)
3:00	Boys Triple Jump Runway	Cafeteria Style (1.5 Hours)
5:00	Girls Triple Jump Runway	Cafeteria Style (1.5 Hours)
11:00	Girls High Jump (3 alive)	Starting Height _____
1:00	Boys High Jump (3 alive)	Starting Height _____
11:00	Boys Pole Vault (5 alive)	Starting Height _____
1:00	Girls Pole Vault (5 alive)	Starting Height _____

Preliminary Running Events – Beginning at 11:30

11:30	Boys 110 meter high hurdles	Prelim
11:45	Girls 100 meter (33" hurdles)	Prelim
11:55	Boys 100 meter dash	Prelim
12:05	Girls 100 meter dash	Prelim
12:15	Boys 3200 meter relay	Final Box Alley
12:30	Girls 3200 meter relay	Final Box Alley
12:45	Boys 200 meter dash	Prelim
12:55	Girls 200 meter dash	Prelim

Finals – Beginning at 1:30

1:30	Boys 110 meter high hurdles	Final
1:40	Girls 100 meter (33" hurdles)	Final
1:50	Boys 100 meter dash	Final
1:55	Girls 100 meter dash	Final
2:10	Boys 4 x 200 meter relay	(Heats vs. Time)
2:20	Girls 4 x 200 meter relay	(Heats vs. Time)
2:30	Boys 1600 meter run	Box Alley Start
2:45	Girls 1600 meter run	Box Alley Start
3:00	Boys 4 x 100 meter relay	(Heats vs. Time)
3:10	Girls 4 x 100 meter relay	(Heats vs. Time)
3:20	Boys 400 meter dash	(Heats vs. Time)
3:30	Girls 400 meter dash	(Heats vs. Time)
3:45	Boys 300 meter hurdles	(Heats vs. Time)
4:00	Girls 300 meter hurdles	(Heats vs. Time)
4:15	Boys 800 meter run	Box Alley Start
4:25	Girls 800 meter run	Box Alley Start
4:40	Boys 200 meter dash	Final
4:45	Girls 200 meter dash	Final
4:55	Boys 3200 meter run	Box Alley Start
5:10	Girls 3200 meter run	Box Alley Start
5:25	Boys 4 x 400 meter relay	3 turn stagger Heats vs. Time
5:35	Girls 4 x 400 meter relay	3 turn stagger Heats vs. Time