



DISTRICT 5-AA TRACK & FIELD CHAMPIONSHIP 2019 - SUNDOWN, TEXAS - APRIL 4TH & 5TH

Thursday, April 4th

8:00 am: Scratch Meeting

Implement Weigh-In: In the field house weight room

Pole Vault Weigh-In: At the event

Coaches Meeting: Scratch (No Adds / No Subs)

FIELD EVENTS

9:00 am: Rotation #1

Varsity Boys High Jump

Varsity Boys Shot Put

Varsity Girls Long Jump

JV Boys Pole Vault

JV Boys Discus

JV Girls Triple Jump

10:15 am: Rotation #2

Varsity Boys Long Jump

Varsity Girls Discus

Varsity Girls Pole Vault

JV Boys Triple Jump

JV Girls Shot Put

JV Girls High Jump

11:30 am: Rotation #3

Varsity Boys Pole Vault

Varsity Boys Discus

Varsity Girls Triple Jump

JV Boys High Jump

JV Boys Shot Put

JV Girls Long Jump

12:45 pm: Rotation #4

Varsity Boys Triple Jump

Varsity Girls Shot Put

Varsity Girls High Jump

JV Boys Long Jump

JV Girls Discus

JV Girls Pole Vault

2:00 – 3:00 ***BREAK (Meal provided in the weight room for coaches and workers)***

RUNNING PRELIMS: Rolling Time Schedule

3:30 100 M Hurdles	JVG, VG
110 Meter Hurdles	JVB, VB
3200 Final	VB
100 Meters	JVG, VG, JVB, VB
3200 Final	VG
400 Meters	JVG, VG, JVB, VB
3200 Final	JVG
300 Meter Hurdles	JVG, VG, JVB, VB
3200 Final	JVB
200 Meters	JVG, VG, JVB, VB



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Friday, April 5th

RUNNING FINALS

- 3:55 pm: National Anthem/Prayer
- 4:00 pm: 4 x 100 M Relay (Girls)
- 4:10 pm: 4 x 100 M Relay (Boys)
- 4:20 pm: 800 M Run (Girls)
- 4:30 pm: 800 M Run (Boys)
- 4:40 pm: 100 M Hurdles (Girls)
- 4:50 pm: 110 M Hurdles (Boys)
- 5:00 pm: 100 M Dash (Girls)
- 5:10 pm: 100 M Dash (Boys)
- 5:20 pm: 800 M Relay (Girls)
- 5:30 pm: 800 M Relay (Boys)
- 5:40 pm: 400 M Dash (Girls)
- 5:50 pm: 400 M Dash (Boys)
- 6:00 pm: 300 M Hurdles (Girls)
- 6:10 pm: 300 M Hurdles (Boys)
- 6:20 pm: 200 M Dash (Girls)
- 6:30 pm: 200 M Dash (Boys)
- 6:40 pm: 1600 M Run (Girls)
- 7:05 pm: 1600 M Run (Boys)
- 7:20 pm: 1600 M Relay (Girls)
- 7:30 pm: 1600 M Relay (Boys)
- 7:40 pm: Presentation of Team Champions