

**WEST REGION
CLASS A BOYS' & GIRLS' TRACK MEET
MDU Resources Community Bowl
Friday, May 17, 2019**

COACHES MEETING

12:30PM (CT) in North Press Box

ORDER OF FIELD EVENTS

FIELD EVENTS	GIRLS	BOYS
2:00pm CT	High Jump	Triple Jump
	Discus	Shot Put
		Pole Vault
3:30pm CT	Triple Jump	Long Jump
	Shot Put	Javelin
	Pole Vault (after boys)	
5:00pm CT	Long Jump	High Jump
	Javelin	Discus

ORDER OF RUNNING EVENTS

(Girls will run first, followed by Boys)

3:30 p.m. CT

- 3200 M Relay
- 300 M Hurdles
- 100 M Dash
- 800 M Relay
- 1600 M Run
- 400 M Relay
- 400 M Dash
- 100 M Hurdles
- 110 M Hurdles
- 800 M Run
- 200 M Dash
- 3200 M Run
- 1600 M Relay

* All track events are timed finals only - fastest heat first

SHOT PUT, DISCUS, JAVELIN

All implements are to be weighed between 12:00 p.m. and 2:00 p.m. on the south end of the Community Bowl's locker facility. As at state, those that are not approved will be impounded and schools may pick them up at the end of the meet.