



## 2020-2021 CIFSS TRACK & FIELD FINALS - DIVISION 1

Saturday, June 12, 2021 - Trabuco High School

\*Stadium Opens 11:00 AM for spectators\*

### TIME SCHEDULE - RUNNING EVENTS

**Note:** Times after first event are approximations, races will run as close to schedule as possible.  
Time schedule will be adhered to within a 3 - 5 minute window.

Girls 400m Relay	1:00	Girls 800m	2:26
Boys 400m Relay	1:08	Boys 800m	2:33
Girls 1600	1:17	Girls 300m LH	2:42
Boys 1600	1:28	Boys 300m IH	2:49
Girls 100m HH	1:40	Girls 200m	2:58
Boys 110m HH	1:47	Boys 200m	3:05
Girls 400m	1:55	Girls 3200	3:14
Boys 400m	2:02	Boys 3200	3:27
Girls 100m	2:12	Girls 1600m Relay	3:50
Boys 100m	2:18	Boys 1600m Relay	4:00

### TIME SCHEDULE - FIELD EVENTS

**Stadium opens at 10:00 AM, warm-ups may begin at 10:30 AM for all field events**

Check-in at least **60 minutes** prior to event start

**Boys High Jump:** 11:30am - (Girls to follow completion of boys HJ)

**Girls Long Jump:** 11:30am – (Triple Jump to follow completion of girls LJ)

**Boys Long Jump:** 11:30am – (Triple Jump to follow completion of boys LJ)

**Girls Pole Vault:** 11:30am (Boys to follow completion of girls PV)

**Boys Discus:** 11:30am (Girls to follow completion of Boys)

**Girls Shot put:** 11:30am – (Boys to follow completion of girls SP)

Note: Throwers and Pole Vaulters **MUST** provide their own legal equipment and have it inspected by the Field Event Judge prior to the start.

Field event athletes who are also in running events **MUST** advise the Field Event Judge of the running event and secure a release from the official, then report to the Clerk of Course when their event is called **AFTER** securing a release from the Field Event Judge. Competitors will be excused for a **maximum of thirty (30) minutes** to compete and return to the field event. If the bar is raised in the High Jump or Pole Vault the athlete must jump at the new height. **The bar will not be lowered.**