

# 2012 Seaking District 3A/2B Track Schedule

## Wednesday, May 16, 2012

2:30 PM - Coaches Meeting

### FIELD EVENTS

<u>2B</u>	<u>3A</u>	
2:30		G-Pole vault
3:00	4:30	G-Long Jump (N. Pit)
3:00	4:30	B-Triple Jump (S. Pit)
3:00	4:30	G-Discus
3:00	4:30	G-High Jump
3:00	4:30	B-Javelin
3:00	4:30	B-Shot
	4:30	B-Pole vault

### RUNNING EVENTS - Prelims (Finals where noted)

4:00	G-3A 800 M Relay
4:10	B-3A 110 M High Hurdles
4:20	G-3A 100 M Hurdles
4:30	B-3A 100 M Dash
4:40	G-3A 100 M Dash
4:55	B-2B 1600 M Run <b>(Final)</b>
5:05	B-3A 1600 M Run <b>(Final)</b>
5:15	G-2B 3200 M Run <b>(Final)</b>
5:35	B-3A 400 M Relay
5:45	G-3A 400 M Relay
6:00	B-3A 400 M Dash
6:15	G-3A 400 M Dash
6:30	B-3A 300 M Int. Hurdles
6:40	G-3A 300 M Low Hurdles
6:50	B-3A 800 M Run
7:00	G-3A 800 M Run
7:10	B-3A 200 M Dash
7:20	G-3A 200 M Dash
7:30	G-3A 3200 M Run <b>(Final)</b>
7:45	B-3A 1600 M Relay
7:55	G-3A 1600 M Relay

Last Updated: 4/3/12

## Friday, May 18, 2012

2:30 PM - Coaches Meeting

### FIELD EVENTS

<u>2B</u>	<u>3A</u>	
2:30		G-Pole vault
3:00	4:30	B-Long Jump (N. Pit)
3:00	4:30	G-Triple Jump (S. Pit)
3:00	4:30	B-Discus
3:00	4:30	B-High Jump
3:00	4:30	G-Javelin
3:00	4:30	G-Shot
4:30		B-Pole vault

### RUNNING EVENTS - Finals (All Events are Finals)

4:00	G-2B 800 M Relay
4:05	G-3A 800 M Relay
4:10	B-2B 110 M High Hurdles
4:15	B-3A 110 M High Hurdles
4:20	G-2B 100 M Hurdles
4:25	G-3A 100 M Hurdles
4:30	B-2B 100 M Dash
4:35	B-3A 100 M Dash
4:40	G-2B 100 M Dash
4:45	G-3A 100 M Dash
4:50	G-2B 1600 M Run
5:00	G-3A 1600 M Run
5:10	B-2B 400 M Relay
5:15	B-3A 400 M Relay
5:20	G-2B 400 M Relay
5:25	G-3A 400 M Relay
5:30	B-2B 400 M Dash
5:35	B-3A 400 M Dash
5:40	G-2B 400 M Dash
5:45	G-3A 400 M Dash
5:50	B-2B 300 M Int. Hurdles
5:55	B-3A 300 M Int. Hurdles
6:00	G-2B 300 M Low Hurdles
6:05	G-3A 300 M Low Hurdles
6:10	B-2B 800 M Run
6:15	B-3A 800 M Run
6:20	G-2B 800 M Run
6:25	G-3A 800 M Run
6:30	B-2B 200 M Dash
6:35	B-3A 200 M Dash
6:40	G-2B 200 M Dash
6:45	G-3A 200 M Dash
6:50	B-2B 3200 M Run
7:05	B-3A 3200 M Run
7:20	B-2B 1600 M Relay
7:25	B-3A 1600 M Relay
7:30	G-2B 1600 M Relay
7:35	G-3A 1600 M Relay