

Three-League Meet Schedule - 2018

<i>unless noted, track heats will be in this order:</i>			<i>LJ, TJ, SP, Disc: 3 attempts, then top 9 to finals</i>		
<i>Mile-Hi (MH), Northern (N), and then Tri-Valley (TV)</i>			<i>there will be 2 pits for TJ, LJ and HJ</i>		
Friday, May 4th (3:45 pm - 9 pm)					
3:15	Weigh-In/Coaches' Meeting		3:45	All Girls Vaulters	
4:00	Girls 800 Medley Relay	3 heats	3:45	MH - Girls Long Jump	
4:15	Girls 3200 Relay	3 heats		MH - Boys Long Jump	
5:00	Boys 3200 Relay	3 heats		N - Girls Triple Jump	
5:40	Girls 100 Meter Hurdles	9 heats		MH - Girls High Jump	
6:05	Boys 110 Meter Hurdles	9 heats	5:15	MH - Boys High Jump	
6:30	Girls 100 Meter Dash	9 heats	6:00	N - Boys Long Jump	
6:55	Boys 100 Meter Dash	9 heats		TV - Boys Long Jump	
7:20	N/TV - 4A Girls 1600 Run	2 heats		TV - Girls Triple Jump	
7:40	N/TV - 4A Boys 1600 Run	2 heats	6:45	N - Boys High Jump	
8:00	Girls 4x200 Meter Relay	4 heats	3:45	MH - Girls Discus	
8:20	Boys 4x200 Meter Relay	4 heats	5:15	N - Girls Discus	
8:40	MH - Girls 3200 Run	1 heat	6:45	TV - Girls Discus	
8:55	MH - Boys 3200 Run	1 heat	3:45	TV - Boys Shot Put	
Saturday, May 5th (8:45 am - 3:30 pm)			5:15	MH - Boys Shot Put	
9:30	N - Girls 3200 Run	1 heat	6:45	N - Boys Shot Put	
9:45	N - Boys 3200 Run	1 heat		Saturday, May 5th	
10:00	Girls 4x100 Meter Relay	4 heats	8:45	All Boys Vaulters	
10:15	Boys 4x100 Meter Relay	4 heats	8:45	TV - Girls Long Jump	
10:30	Girls 400 Meter Dash	9 heats		N - Boys Triple Jump	
10:50	Boys 400 Meter Dash	9 heats		TV - Boys Triple Jump	
11:10	Girls 300 Meter Hurdles	9 heats		N - Girls High Jump	
11:30	Boys 300 Meter Hurdles	9 heats	10:45	N - Girls Long Jump	
11:55	Girls 800 Meter Run	6 heats		MH - Girls Triple Jump	
12:30	Boys 800 Meter Run	6 heats		MH - Boys Triple Jump	
1:05	Girls 200 Meter Dash	9 heats		TV - Girls High Jump	
1:25	Boys 200 Meter Dash	9 heats	12:45	TV - Boys High Jump	
1:45	TV - Girls 3200 Run	1 heat	8:45	N - Girls Shot Put	
2:15	TV - Boys 3200 Run	1 heat	10:45	MH - Girls Shot Put	
2:30	MH - Girls 1600 Run	1 heat	12:45	TV - Girls Shot Put	
2:40	MH - Boys 1600 Run	1 heat	8:45	MH - Boys Discus	
2:50	Girls 4x400 Meter Relay	4 heats	10:45	TV - Boys Discus	
3:10	Boys 4x400 Meter Relay	4 heats	12:45	N - Boys Discus	