**Friday, May 11th 2018**



**TRACK & FIELD**

**CHAMPIONSHIPS**

Franklin Pierce School District Stadium

11002 18th Avenue East

Tacoma, WA 98445

Special thanks to



**General Time Schedule**

|  |  |
| --- | --- |
| *Event* | *Time* |
| Officials Meeting | 3:15 |
| Coaches Meeting (Behind Stadium) | 3:45 |
| Color Guard and National Anthem | 3:55 |
| Awards Ceremony | End of Event |

**Track Event Time Schedule**

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| *Event* | *Time* |
| Girls 4 X 200m Relay (2 Heats) | 4:20 |
| Boys 110m Hurdles (2 Heats) | 4:40 |
| Girls 100m Hurdles (2 Heats) | 4:55 |
| Boys 100m (2 Heats) | 5:10 |
| Girls 100m (2 Heats) | 5:20 |
| Boys 1600m (1 Heat) | 5:30 |
| Girls 1600m (1 Heat) | 5:40 |
| Boys 4 X 100m Relay (2 Heats) | 5:55 |
| Girls 4 X 100m Relay (2 Heats) | 6:05 |
| Boys 400m (2 Heats) | 6:15 |
| Girls 400m (2 Heats) | 6:25 |
| Boys 300m Hurdles (2 Heats) | 6:45 |
| Girls 300m Hurdles (2 Heats) | 7:00 |
| Boys 800m (2 Heats) | 7:20 |
| Girls 800m (2 Heats) | 7:30 |
| Boys 200m (2 Heats) | 7:40 |
| Girls 200m (2 Heats) | 7:50 |
| Boys 3200m (1 Heat) | 8:00 |
| Girls 3200m (1 Heat) | 8:20 |
| Boys 4 X 400m Relay (2 Heats) | 8:40 |
| Girls 4 X 400m Relay (2 Heats) | 8:50 |

**Throws Time Schedule**

|  |  |
| --- | --- |
| **Event** | **Time** |
| Girls Discus (2 Flights + Finals) | 4:20 |
| Boys Javelin (2 Flights + Finals) | 4:20 |
| Boys Shot Put (2 Flights + Finals) | 4:20 |
| Girls Javelin (2 Flights + Finals) | 6:05 |
| Girls Shot (2 Flights + Finals) | 6:05 |
| Boys Discus (2 Flights + Finals) | 6:05 |

**Jumps and Vault Time Schedule**

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| **Event** | **Time** |
| Girls Pole Vault (5 Alive) | 4:00 |
| Boys Long Jump (2 Flights + Finals) | 4:20 |
| Boys High Jump (5 Alive) | 4:20 |
| Girls Triple Jump (2 Flights + Finals) | 4:20 |
| Boys Pole Vault (5 Alive) | 5:45 |
| Girls Long Jump (2 Flights + Finals) | 6:05 |
| Girls High Jump (5 Alive) | 6:05 |
| Boys Triple Jump (2 Flights + Finals) | 6:05 |