

**2023 WEST CENTRAL DISTRICT 3 / SOUTHWEST DISTRICT 4  
3A & 4A TRACK & FIELD CHAMPIONSHIPS  
French Field, Kent, WA**

**Day #1 - Wednesday, May 17<sup>th</sup>**

**Session #1 - Field Events**

2:00 4A Boys Javelin  
2:00 4A Boys Long Jump  
2:00 3A Girls Triple Jump  
2:00 4A Girls High Jump  
2:00 4A Girls Shot Put  
2:00 3A Boys Pole Vault  
2:00 3A Boys Discus  
2:00 Wheelchair Throws

**Session #2 – Field Events**

4:30 3A Girls Javelin  
4:30 4A Girls Long Jump  
4:30 3A Boys Triple Jump  
4:30 4A Boys High Jump  
4:30 3A Boys Shot Put  
4:30 4A Girls Pole Vault  
4:30 4A Girls Discus

**Session #3 - Running Events**

4:00 3A Girls 4x200m Relay  
4A Girls 4x200m Relay  
4:25 3A Boys 1600m Run  
4:35 3A Boys 110m High Hurdles  
4A Boys 110m High Hurdles  
3A Girls 100m Intermediate Hurdles  
4A Girls 100m Intermediate Hurdles  
5:15 4A Boys 1600m Run  
5:30 3A Boys 100m Dash  
4A Boys 100m Dash  
3A Girls 100m Dash  
4A Girls 100m Dash  
*Boys/Girls WC/Ambulatory 100m Dash*  
6:10 3A Girls 1600m Run  
6:20 3A Boys 4x100m Relay  
4A Boys 4x100m Relay  
3A Girls 4x100m Relay  
4A Girls 4x100m Relay  
6:50 4A Girls 1600m Run  
7:00 3A Boys 400m Run  
4A Boys 400m Run  
3A Girls 400m Run  
4A Girls 400m Run  
*Boys/Girls WC/Ambulatory 400m Run*

**Day #2 - Friday, May 19<sup>th</sup>**

**Session #4 - Field Events**

2:00 3A Boys Javelin  
2:00 3A Boys Long Jump  
2:00 4A Girls Triple Jump  
2:00 3A Girls High Jump  
2:00 3A Girls Shot Put  
2:00 4A Boys Pole Vault  
2:00 4A Boys Discus

**Session #5 – Field Events**

4:30 4A Girls Javelin  
4:30 3A Girls Long Jump  
4:30 4A Boys Triple Jump  
4:30 3A Boys High Jump  
4:30 4A Boys Shot Put  
4:30 3A Girls Pole Vault  
4:30 3A Girls Discus

**Session #6 - Running Events**

4:00 3A Girls 3200m Run  
4A Girls 3200m Run  
4:30 3A Boys 300m Low Hurdles  
4A Boys 300m Low Hurdles  
3A Girls 300m Low Hurdles  
4A Girls 300m Low Hurdles  
5:20 3A Boys 800m Run  
4A Boys 800m Run  
3A Girls 800m Run  
4A Girls 800m Run  
6:10 3A Boys 200m Dash  
4A Boys 200m Dash  
3A Girls 200m Dash  
4A girls 200m Dash  
*Boys/Girls WC/Ambulatory 200m Dash*  
7:00 3A Boys 3200m Run  
4A Boys 3200m Run  
7:30 3A Girls 4x400m Relay  
4A Girls 4x400m Relay  
3A Boys 4x400m Relay  
4A Boys 4x400m Relay

**Pick up your League Awards**