

2024 WEST CENTRAL DISTRICT 3 / SOUTHWEST DISTRICT 4 3A & 4A TRACK & FIELD CHAMPIONSHIPS

French Field, Kent, WA

Day #1 - Wednesday, May 17th

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
 Coed 4x100m Relay Unified
 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 19th

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 Coed 800m Sprint Medley Relay Unified
 4:10 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