

**2022 NORTH PUGET SOUND LEAGUE
3A & 4A TRACK & FIELD CHAMPIONSHIP MEET
French Field, Kent, WA**

COACHES MEETING – Monday, May 9th - 7:00 p.m. via Zoom

Day #1 - Wednesday, May 11th

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

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
4:20 3A Boys 1600m Run
4A 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
5:05 3A Boys 100m Dash
4A Boys 100m Dash
3A Girls 100m Dash
4A Girls 100m Dash
Boys/Girls WC/Ambulatory 100m
5:45 3A Girls 1600m Run
4A Girls 1600m Run
6:00 3A Boys 4x100m Relay
4A Boys 4x100m Relay
6:25 3A Boys 400m Run
4A Boys 400m Run
3A Girls 400m Run
4A Girls 400m Run
Boys/Girls WC/Ambulatory 400m

Day #2 - Friday, May 13th

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
4:50 3A Boys 800m Run
4A Boys 800m Run
3A Girls 800m Run
4A Girls 800m Run
5:30 3A Boys 200m Dash
4A Boys 200m Dash
3A Girls 200m Dash
4A Girls 200m Dash
Boys/Girls WC/Ambulatory 200m
6:10 3A Boys 3200m Run
4A Boys 3200m Run
6:30 3A Girls 4x400m Relay
4A Girls 4x400m Relay
6:50 3A Boys 4x400m Relay
4A Boys 4x400m Relay

Updated: 4/15/22