

TRACK QUAD

Alexandria - Buffalo - Sartell - Willmar

May 17, 2016

TENTATIVE TIME SCHEDULE RUNNING EVENTS

4:15 p.m.	4 X 800 m. Run Girls/Boys Combined
4:30 p.m.	100 m. Hurdles - Girls
4:45 p.m.	110 m. Hurdles - Boys
5:00 p.m.	100 m. Dash - Girls
5:10 p.m.	100 m. Dash -Boys
5:20 p.m.	4 X 200 M. Relay - Girls
5:30 p.m.	4 X 200 M. Relay - Boys
5:40 p.m.	1600 m. Run - Girls
5:50 p.m.	1600 m. Run - Boys
6:00 p.m.	4 X 100 m. Relay - Girls
6:10 p.m.	4 X 100 m. Relay - Boys
6:20 p.m.	400 m. Dash - Girls
6:30 p.m.	400 m. Dash - Boys
6:40 p.m.	300 m. Hurdles - Girls
6:50 p.m.	300 m. Hurdles - Boys
7:00 p.m.	800 m. Run - Girls
7:10 p.m.	800 m. Run - Boys
7:20 p.m.	200 m. Dash - Girls
7:35 p.m.	200 m. Dash - Boys
7:50 p.m.	3200 m. Run - Boys/Girls Combined
8:10 p.m.	4 X400 m. Relay - Girls
8:15 p.m.	4 X400 m. Relay - Boys

TIME SCHEDULE FIELD EVENTS

4:00 p.m. Boys and Girls horizontal jump pits will be open the 200m; one pit for boys and girls triple and one for boys and girls long jump, cafeteria style - get your jumps in within that time frame.

Boys Pole Vault then Girls

Girls Discus; Boys Shot Put/Girls Shot Put; Boys Discus

Girls High Jump/Boys High Jump to follow.

4 jumps or throws-No Finals