

## SCVAL Time Schedule

### Running Events:

5:30	400 Meter Relay
5:50	1600 Meter Run
6:10	100 Meter Hurdles
6:25	110 High Hurdles
6:35	400 Meters
6:55	100 Meters
7:15	800 Meters
7:35	300M Hurdles
7:55	200 Meters
8:15	3200 Meter Run
8:45	1600 Meter Relay

### Field Events:

5:00	Boys Pole Vault
	Boys Discus
	Girls Triple Jump
	Boys Long Jump
	Boys High Jump
	Girls Shot Put
6:30	Girls Pole Vault
	Boys Shot Put
	Girls High Jump
	Girls Discus
	Girls Long Jump
	Boys Triple Jump

At the state meet, boys and girls pole vault will be at the same time for trials.  
For Finals boys' pole vault goes first, then the girls.