

# VAL Track & Field League Finals 2019

## Schedule & Order of Events

*Start time: 3:00pm*

## Tuesday, May 14th

(No Coaches Meeting. If you have questions, ask \_\_\_\_\_)

### **Field Events:**

Boy's Shot Put 6<sup>th</sup> 3:00-4:00 / 7<sup>th</sup> 4:00-5:00 / 8<sup>th</sup> 5:00-6:00

Boy's Discus 7<sup>th</sup> 3:00-4:00 / 8<sup>th</sup> 4:00-5:00 / 6<sup>th</sup> 5:00-6:00

Girl's Long Jump 7<sup>th</sup> 3:00-4:00 / 8<sup>th</sup> 4:00-5:00 / 6<sup>th</sup> 5:00-6:00

Girl's Triple Jump 6<sup>th</sup> 3:00-4:00 / 7<sup>th</sup> 4:00-5:00 / 8<sup>th</sup> 5:00-6:00

Girl's High Jump HJ #1 6<sup>th</sup>/7<sup>th</sup> HJ #2 8<sup>th</sup>

### **Running**

#### **Events:**

65m Hurdle Trials 6G / 7G / 8G / 6B / 7B / 8B 3:00-3:45

100m Trials 6G / 7G / 8G / 6B / 7B / 8B 3:45-4:30

1600m Run Final 6G / 7G / 8G / 6B / 7B / 8B 4:30-5:15

# Wednesday, May 15th

## Field Events:

Girl's Shot Put 6<sup>th</sup> 3:00-4:00 / 7<sup>th</sup> 4:00-5:00 / 8<sup>th</sup> 5:00-6:00

Girl's Discus 7<sup>th</sup> 3:00-4:00 / 8<sup>th</sup> 4:00-5:00 / 6<sup>th</sup> 5:00-6:00

Boy's Long Jump 7<sup>th</sup> 3:00-4:00 / 8<sup>th</sup> 4:00-5:00 / 6<sup>th</sup> 5:00-6:00

Boy's Triple Jump 6<sup>th</sup> 3:00-4:00 / 7<sup>th</sup> 4:00-5:00 / 8<sup>th</sup> 5:00-6:00

Boy's High Jump HJ #1 6<sup>th</sup>/7<sup>th</sup> HJ #2 8<sup>th</sup>

## Running

### Events:

65m Hurdle Final 6G / 7G / 8G / 6B / 7B / 8B 3:00-3:30

400m Relay Final 6G / 7G / 8G / 6B / 7B / 8B 3:30-4:00

800m Run Final 6G / 7G / 8G / 6B / 7B / 8B 4:00-4:30

100m Final 6G / 7G / 8G / 6B / 7B / 8B 4:30-5:00

1600m Relay Final 6G / 7G / 8G / 6B / 7B / 8B 5:00-5:30