

2016 Centennial League Spring Break Qualifier

RUNNING EVENTS-ALL FINALS

3:00pm Coaches Meeting – Finish line
3:30pm Girls 800m Sprint Medley
3:35pm Girls 3200m Relay
3:45pm Boys 3200m Relay
4:00pm Girls 100m Hurdles
4:10pm Boys 110m Hurdles
4:15pm Girls 100 Meters
4:20pm Boys 100 Meters
4:30pm Girls 4x200m Relay
4:40pm Boys 4x200m Relay
4:55pm Girls 1600m Run
5:10pm Boys 1600m Run
5:20pm Girls 4x100m Relay
5:25pm Boys 4x100m Relay
5:30pm Girls 400 Meters
5:40pm Boys 400 Meters
5:50pm Girls 300m Hurdles
6:00pm Boys 300m Hurdles
6:10pm Girls 800m Run
6:20pm Boys 800m Run
6:30pm Girls 200 Meters
6:35pm Boys 200 Meters
6:40pm Girls 3200m Run
6:50pm Boys 3200m Run
6:55pm Girls 4x400m Relay
7:00pm Boys 4x400m Relay

FIELD EVENTS-FINALS

3:00pm Weigh-ins – Team Room
3:30pm (4 Attempts – All Finals/Minimum)
Boys & Girls Pole Vault (7'0)
Boys Discus - (100')
Boys Long Jump – Infield Pit (17'0)
Girls Long Jump – South Pit (13'6)
Girls High Jump – 4'4 Start
Girls Shot Put – (26'0)

Following the 3:30pm events

Girls Discus – (75'0)
Girls Triple Jump – South Pit (28'0)
Boys Triple Jump – Infield Pit (36'0)
Boys High Jump – (5'4")
Boys Shot Put – (30')

WE WILL RUN AHEAD OF SCHEDULE IF POSSIBLE SO PLEASE HAVE YOUR ATHLETES READY ON 3RD CALL FOR INSTRUCTIONS FROM THE START CLERK AT ALL START LINES.