

1A District 5 Meet Schedule

8:30 AM	COACHES MEETING
Weigh-ins 8:00-10:00 AM	<p>ALL implements and vaulters must be weighed at this time. <i>Any attempt to use an unchecked implement or vault on a pole under weight will result in disqualification from the event for unsportsmanlike conduct. (See NFHS 4-6 Disqualification and Conduct Article 4)</i> Pole vault weigh in will be at the PV site and all implements will be weighed in at the Oak Hall tent at the finish line from 9-noon</p>
<u>Field Events</u>	
9:00 AM	<p>Girls 4x800m Relay Boys 4x800m Relay</p>
10:00 AM	Javelin (Girls first / Boys will follow)
10:00 AM	Pole Vault (Girls first / Boys will follow)
11:00 AM	<p>Long Jump (Girls & Boys) Discus (Boys) Shot Put Finals (Girls) Boys High Jump</p>
1:30 PM	<p>Discus (Girls) Shot Put (Boys) Triple Jump (Girls & Boys) Girls High Jump Para Shot Put (After Boys Shot Put)</p>
<u>Running Event Finals</u>	
4:30 PM	<p>Girls 100m High Hurdles Boys 110m High Hurdles Girls 100m Dash Boys 100m Dash Para 200m Girls 1600m Run Boys 1600m Run Girls 4x100m Relay Boys 4x100m Relay Girls 400m Dash Boys 400m Dash Girls 400m Low Hurdles Boys 400m Intermediate Hurdles Girls 800m Run Boys 800m Run Para 800m Girls 200m Dash Boys 200m Dash Girls 3200m Run Boys 3200m Run Girls 4x400m Relay Boys 4x400m Relay</p>
Team Awards	

Field Event Assignments

PV Brad & Branford
 LJ(G) - Natalie & Bell/ Cornerstone
 LJ (B)- Ron & Chiefland/ P.K Yonge
 TJ(G) - Natalie & Bell/ Cornerstone
 TJ (B) - Ron & Chiefland/ P.K Yonge
 HJ - Bill & Oak Hall
 Discus - Charlie & Cedar Key/St. Francis
 Shot Put - Dennis & Hawthorne/ Trenton
 Jav - Charlie/Dusty