

2014 TWIN VALLEY CONFERENCE TRACK MEET SCHEDULE

HIGH SCHOOL FIELD EVENTS

9:00 AM Boy's Discus
 Girl's Shot Put
 Boy's Triple Jump
 Girl's Long Jump
 Boy's High Jump
 Girl's Pole Vault
 10:30 AM Girl's Discus
 Boy's Shot Put
 Girl's Triple Jump
 Boy's Long Jump
 Girl's High Jump
 Boy's Pole Vault

MIDDLE SCHOOL RUNNING EVENTS

9:00 AM 1600 Meter Run
 100 Meter Hurdles
 110 Meter Hurdles
 100 Meter Dash
 400 Meter Dash
 200 Meter Hurdles G
 200 Meter Hurdles B
 800 Meter Run
 200 Meter Dash
 400 Meter Relay
 1600 Meter Relay

12:00 -12:30: Lunch in the new commons area for coaches, workers and administration – feel free to eat sooner if you can.

HIGH SCHOOL RUNNING EVENTS

12:30 pm Prelims – girls than boys
 3200 Meter Relay (finals)
 100 Meter High Hurdles (prelims)
 110 Meter High Hurdles (prelims)
 100 Meter Dash (prelims)
 400 Meter Dash (finals)
 3200 Meter Run (finals)
 200 Meter Dash (prelims)

MIDDLE SCHOOL FIELD EVENTS

12:30 PM Boys Discus
 Girls Shot Put
 Girls Long Jump
 Girls High Jump
 Boys Triple Jump
 Girls Pole Vault

*Run-offs for the following (if necessary) – 100 M. Hurdles, 110 M. hurdles, 100 M dash and 200 M dash in that order (girls than boys).

2:30 PM Finals
 or 15 minutes after prelims are completed
 100 M. High Hurdles
 110 M. High Hurdles
 100 M. Dash
 800 M. Run
 300 M. Low Hurdles
 300 M. Inter. Hurdles
 200 M. Dash
 1600 M. Run
 400 M. Relay
 1600 M. Relay

2:30 PM Girls Discus
 Boys Shot Put
 Boys Long Jump
 Boys High Jump
 Girls Triple Jump
 Boys Pole Vault

*We will attempt to stay on schedule. We will make adjustments where necessary.