

Girls Southwesterns Order of Events

Field Events

8:30 AM

- senior high jump (starting ht TBD) followed by junior high jump (starting ht TBD) (12)
- junior shot put, followed by senior shot put. Top 8 get 3 more throws.
- junior long jump followed by senior long jump, followed by junior triple jump followed by senior triple jump (possibly combined divisions) (3 jumps each plus a 4th jump for final 8 after trials) (12)
- open pole vault (starting ht TBD) (12)

Running events

9:00 4 x 800 relay

9:15 junior hurdle trials (top 8 times to finals) (24)

9:20 senior hurdle trials (top 8 times to finals) (24)

9:30 junior 55 trials (top 8 times to finals) (24)

9:35 senior 55 trials (top 8 times to finals) (24)

9:40 awards: coach, jr division, sr. division, field, distance runner of year, most improved jr & sr of year

10:00 junior hurdle final

10:05 senior hurdle final

10:10 junior 55 final

10:15 senior 55 final

10:20 open 600 field (if more than 10, 2 races) (18)

10:30 open 1 mile (1 race) (18)

*10:50: junior 400 (3 races) (18)

11:00 senior 400 (3 races) (18)

11:10 junior 800 (2 races) (18)

11:20 senior 800 (2 races) (18)

11:40 junior 200 (4 races) (20)

11:50 senior 200 (4 races) (20)

12:00 2 mile (1 race) (18)

12:20 junior 4 x 200 relay (2 or 3 races)

12:30 open 4 x 200 relay (2 or 3 races)

12:40 open 4 x 400 relay (2 or 3 races)

12:55 awards: mvps of meet, announcing of team scores, awarding of team runner up and champion trophies

(1:15 PM departure)

Boys Southwesterns Order of Events

Field Events

3:00 PM

- senior high jump (starting ht TBD) followed by junior high jump (starting ht TBD) (12)
- junior shot put, followed by senior shot put. 3 throws, the top 8 get 3 more throws. (16)
- junior long jump followed by senior long jump, followed by junior triple jump followed by senior triple jump (possibly combined divisions) (3 jumps each plus a 4th jump for final 8 after trials) (12)
- open pole vault (starting ht TBD) (12)

Running Events

3:30 4 x 800 relay

3:45 junior hurdle trials (top 8 times to finals) (24)

3:50 senior hurdle trials (top 8 times to finals) (24)

3:55 junior 55 trials (top 8 times to finals) (24)

4:00 senior 55 trials (top 8 times to finals) (24)

4:10 *awards: coach, jr division, sr. division, field, distance runner of year, most improved jr & sr of year*

4:30 junior hurdle final

4:35 senior hurdle final

4:40 junior 55 final

4:45 senior 55 final

4:50 open 600 field (if more than 10, 2 races) (18)

5:00 open 1 mile (1 race) (18)

5:20: junior 400 (3 races) (18)

5:30 senior 400 (3 races) (18)

5:40 junior 800 (2 races) (18)

5:50 senior 800 (2 races) (18)

6:10 junior 200 (4 races) (20)

6:20 senior 200 (4 races) (20)

6:30 2 mile (1 race) (18)

6:50 junior 4 x 200 relay (2 or 3 races)

7:00 open 4 x 200 relay (2 or 3 races)

7:10 open 4 x 400 relay (2 or 3 races)

7:25 *awards: mvps of meet, announcing of team scores, awarding of team runner up and champion trophies*

(DONE BY 8:00 PM)

All individual events have a qualifying standard. All athletes who make the qualifying standard will be allowed. We will "fill the field" when there are less athletes qualified to reach the max # of entries allowed. Only those athletes who are entered at "due day/ time" will be entered to "fill the field". No late entries allowed. Scratches can be made up until 6 PM on Friday without penalty. The scratch rule will apply after 6 PM on Friday.