

**C-4 District Track  
May 9<sup>th</sup>, 2024**

**11:00**

Shot Put-----Girls followed by boys  
Discus-----Boys followed by girls  
Long Jump----Both Genders at 11:00 (B-East Pit, G-West Pit)  
Triple Jump----Following long jump at approximately 12:30  
High Jump-----Boys followed by girls  
Pole Vault-----Girls followed by boys

**2:00 Running Events-We will start these early if field events are completed**

3200 M Relay-Finals  
100 M High Hurdles-Prelims  
110 M High Hurdles-Prelims  
100 M Dash-Prelims  
400 M Dash-Finals  
3200 M Run-Finals  
200 M Dash-Prelims

**20 Minute Break**

100/110 Hurdles-Finals  
100 M Dash-Finals  
800 M Run  
300 Hurdles-Finals  
200 M Dash-Finals  
1600 M Run

**10 Minute Break**

400 M Relay-Finals  
1600 M Relay-Finals