

RALPH HALVERSON

NORTHERN DIVISION "C" TRACK & FIELD MEET

Time Schedule - May 17th, 2018

10:00 AM	3200 M Run Final	(G)
10:20 AM	3200 M Run Final	(B)
10:40 AM	400 M Relay Final	(G)
10:55 AM	400 M Relay Final	(B)
11:15 AM	300 M Low Hurdles Timed Finals	(G)
11:30 AM	300 M Int. Hurdles Timed Finals	(B)
11:45 AM	100 M Dash Final	(G)
12:00 PM	100 M Dash Final	(B)
12:15 PM	800 M Run Final	(G)
12:25 PM	800 M Run Final	(B)
12:30-1:30	BREAK	
1:30 PM	100 M High Hurdles Final	(G)
1:45 PM	110 M High Hurdles Final	(B)
2:00 PM	400 M Dash Timed Final	(G)
2:20 PM	400 M Dash Timed Final	(B)
2:40 PM	1600 M Run Final	(G)
2:55 PM	1600 M Run Final	(B)
3:10 PM	200 M Dash Final	(G)
3:25 PM	200 M Dash Final	(B)
3:40 PM	1600 M Relay Timed Final	(G)
4:00 PM	1600 M Relay Timed Final	(B)

9:30 AM	Pole Vault	(B)	Discus	(B)
	Javelin	(G)	High Jump	(G)
11:00 AM	Long Jump	(G)	Triple Jump	(B)
	Shot Put	(G)	Javelin	(B)
12:00 PM	High Jump	(B)	Discus	(G)
	Pole Vault	(G)		
1:30 PM	Triple Jump	(G)	Long Jump	(B)
	Shot Put	(B)		

EVENT REGULATIONS

One false start eliminates a competitor. The 400 meters, 300 hurdles, and 1600 meter relay will be run in sections with all runners timed and the place winners will be determined by time. The 800, 1600, and 3200 meter runs will start in alleys and those runners may cut for pole at the end of the 2nd curve provided they are a full running stride ahead. In the 1600 relay, the first and second runners will run in lanes until the second runner completes the first turn. Second runners may then cut for the pole provided they are a full running stride ahead. In the throws and horizontal jumps, contestants will be given 3 trials in the preliminaries with the top 10 contestants will be given 3 more trials in the finals. The best jump or throw counts whether it was made in the prelims or finals. Pole vaulters and high jumpers will be allowed 3 trials at each height. Scoring for the meet will be 10-8-6-4-2-1.