

NWASAA Zone Track Meet REVISED Schedule 2019 June 1st

Time	WOMEN						Time	MEN					
	JG	IG	SG	JW	IW	SW		JB	IB	SB	JM	IM	SM
10:00 AM	200 m (TF)	200 m (TF)	200 m (TF)	200 m (TF)	200 m (TF)	200 m (TF)	10:00 AM	200 m (TF)	200 m (TF)	200 m (TF)	200 m (TF)	200 m (TF)	200 m (TF)
10:05 AM	TJ			Shot	Disc	Disc	10:05 AM			HJ	LJ		Javelin
10:45 AM			Javelin		LJ	LJ	10:45 AM		TJ				
11:00 AM		Disc					11:00 AM	Shot					
11:25 AM							11:25 AM		Javelin				
11:30 AM	3000 m (F)	3000 m (F)	3000 m (F)	3000 m (F)	3000 m (F)	3000 m (F)	11:30 AM	3000 m (F)	3000 m (F)	3000 m (F)	3000 m (F)	3000 m (F)	3000 m (F)
11:35 AM		LJ (Pit A)					11:35 AM	LJ (Pit B)	HJ				
12:00 PM	Disc						12:00 PM						Shot
12:30 PM							12:30 PM				Javelin	HJ	HJ
12:35 PM							12:35 PM						
12:45 PM	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)	12:45 PM	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)	800 m (TF)
12:50 PM		Shot		LJ			12:50 PM		Disc	TJ			
1:30 PM	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	1:30 PM	Javelin					
2:00 PM	HJ	TJ	LJ	Disc			2:00 PM	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay	4X100 m Relay
2:10 PM							2:10 PM			Shot			
2:35 PM							2:35 PM				Javelin		
2:45 PM	100 m (TF)	100 m (TF)	100 m (TF)	100 m (TF)	100 m (TF)	100 m (TF)	2:45 PM						
3:00 PM							3:00 PM		LJ	Disc	HJ		
3:15 PM			Shot	Javelin			3:15 PM	100 m (TF)	100 m (TF)	100 m (TF)	100 m (TF)	100 m (TF)	100 m (TF)
3:30 PM							3:30 PM					TJ	TJ
3:45 PM				HJ			3:45 PM						
4:15 PM	400 m (TF)	400 m (TF)	400 m (TF)	400 m (TF)	400 m (TF)	400 m (TF)	4:15 PM			Javelin	Disc	Shot	
4:30 PM							4:30 PM						
4:45 PM					HJ	HJ	4:45 PM	400 m (TF)	400 m (TF)	400 m (TF)	400 m (TF)	400 m (TF)	400 m (TF)
5:00 PM			Disc				5:00 PM	TJ		LJ	Shot		
5:20 PM		HJ			Javelin	Javelin	5:20 PM						
5:30 PM	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	5:30 PM	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
5:35 PM							5:35 PM				TJ		
5:45 PM	LJ						5:45 PM		Shot				
6:00 PM	Javelin						6:00 PM	Disc					
6:15 PM			HJ	TJ	TJ	TJ	6:15 PM						
6:30 PM	80 m Hurdles	80 m Hurdles	80 m Hurdles	80 m Hurdles	80 m Hurdles	80 m Hurdles	6:30 PM	80 m Hurdles					
6:35 PM					Shot	Shot	6:35 PM					LJ	
7:00 PM		Javelin					7:00 PM					Disc	Disc
7:10 PM							7:10 PM		100 m Hurdles	100 m Hurdles	100 m Hurdles	100 m Hurdles	100 m Hurdles
7:15 PM	Shot		TJ				7:15 PM	HJ					LJ
7:30 PM	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	7:30 PM	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay	4X400 Relay
7:50 PM				300 m Hurdles	300 m Hurdles	300 m Hurdles	7:50 PM				300 m Hurdles	300 m Hurdles	300 m Hurdles

Notes:

- 1 Field Events - 3 trials for Junior High, 3+3 for Senior High
- 2 Track Events - Categories WILL BE COMBINED into single heats BE PREPARED to run at the scheduled time
- 3 You must compete at the time scheduled. DO NOT ask to throw, jump or run at an alternate time.
- 4 Pentathlon and Para Events compete at the same time as the Senior Men/Women