

# State Games Track & Field Time Schedule

## Saturday-8-3-2019

### Field Events

#### **Long Jump (Pit#1) Girls/Women**

8am- Warm-up

8:30- 80-49 (4 attempts)

9:00- 5-8 (3 attempts)

9:30- 9-12 (3 attempts)

10:15- 13-14 (3attempts)

11:30- 15-18 (4 attempts)

#### **TurboJavelin- Girls/Boys**

8 am-warm-ups

8:30- 5-6 G/B (3 attempts)

9:10 7-8 G/B (3 Attempts)

9:40- 9-10 G/B (3 Attempts)

10:15- 11-12 G/B (3 Attempts)

10:45- 13-14 G/B (3 Attempts)

#### **High Jump - Girls/Boys**

8am warm-up

8:30-15-16G, 17-18G

9:15-7-8G/B, 9-14G

10:00-9/10B, 11-12B, 13-14B, 15-16B, 17-18B

#### **Shot-put- Girls/Women -Circle#1**

8am-Warm up

8:30- 75-59W (4Attempts)

9:30- 50-39W (4attempts)

10:30- 7-14G (4 Attempts)

11:30- 15-29 (4 attempts)

#### **Long Jump (Pit#2 ) Boys/Men**

8am –Warm-up

8:30- 80-64 (4 Attempts)

9:20- 55-34 (4Attempts)

10:10-3-8 (3Attempts)

10:30- 9-14 (3 Attempts)

11:10-15-18 (4 Attempts)

11:50- 19-29 (4 Attempts)

#### **Shot-put- Boys**

8am Warm-up

8:30-7-14 (3Attempts)

9:30 15-18 (4Attempts)

#### **Pole-vault Women/Men**

8am- Warm-up

9am- 50-18 W

11:am 75-18-M

# State Games Track & Field Time Schedule

## Saturday-8-3-2019

Discus: Men –Youth- Open

8: am Warm-up

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8:30-84-64 (4Attempts)

10:00- 59-50 (4attempts)

11:30- 49-30 (4 attempts)

12:30- 11-14 (3Attempts)

1:00- 15-29 (4 Attempts)

Running events:

7:am 5000m Women/Men

8:am- 1500m race-walk- Women

8:30- 1500m race-walk –Men

9:am-110H 19-29M, 30-49M,15-18B

9:30- 100H-19-29F, 54-13G, 64-45M, 13-14B

10:00-80H- 11-12G, 79-75M, 11-12B

10:30 - 50M dash- 74-60W,4-6G ,84-60M,4-6B

11:00-100m Paraplegic wheelchair race

11:10-100m dash-7-8G/B,9-10G/B,11-12G/B,13-14G/B,15-16G/B,17/18G

12:15-4x100 relay all

12:45- 3000m run women

1:20 -400meter dash Women/Girls

2:00- 400MDash Men/Boys