

Section 7AAA Track & Field Day 1

Wednesday, May 31, 2023

Site: Forest Lake



FIELD EVENTS (All are finals, same as State Meet Day 1 Events)

10:30 AM Girls - Long Jump, Discus, High Jump

10:30 AM Boys - Triple Jump, Pole Vault, Shot

RUNNING EVENTS

10:30 AM Girls 3200 Meter Run Final (2 Heats)

11:00 AM Boys 3200 Meter Run Final (2 Heats)

11:30 AM Girls 100 Meter High Hurdles Prelim (3 Heats)

11:50 AM Boys 110 Meter High Hurdles Prelim (3 Heats)

12:10 PM Girls 100 Meter Dash Prelim (3 Heats)

12:25 PM Boys 100 Meter Dash Prelim (3 Heats)

12:40 PM BREAK

1:10 PM Girls 400 Meter Dash Prelim (3 Heats)

1:30 PM Boys 400 Meter Dash Prelim (3 Heats)

1:50 PM Girls 300 Meter Hurdles Prelim (3 Heats)

2:10 PM Boys 300 Meter Hurdles Prelim (3 Heats)

2:30 PM Girls 800 Meter Run Prelim (2 Heats)

2:45 PM Boys 800 Meter Run Prelim (2 Heats)

3:00 PM Girls 200 Meter Dash Prelim (3 Heats)

3:15 PM Boys 200 Meter Dash Prelim (3 Heats)

Shot/Discus Weigh-In 9:30 - 10:15 AM / 4:00 - 4:45 PM - Warmup 10:15 AM / 4:45 PM

Long/Triple Jump Warmup 10:00 AM / 4:30 PM

High Jump Warmup 9:45 AM / 4:15 PM

Pole Vault Weight Verification at 9:15 AM / 3:45 PM-Warmup 9:30 AM / 4:00 PM

Section 7AAA Track & Field Day 2

Friday, June 2, 2023

Site: Forest Lake



FIELD EVENTS (All are finals, same as State Meet Day 2 Events)

5:00 PM Girls - Triple Jump, Pole Vault, Shot

5:00 PM Boys - Long Jump, Discus, High Jump

RUNNING EVENTS

5:00 PM Girls 4x800 Meter Relay

5:20 PM Boys 4x800 Meter Relay

5:40 PM Girls 100 Meter High Hurdles

5:50 PM Boys 110 Meter High Hurdles

6:00 PM Girls 100 Meter Dash

6:05 PM Boys 100 Meter Dash

6:20 PM Girls 4x200 Meter Dash

6:30 PM Boys 4x200 Meter Dash

6:40 PM Girls 1600 Meter Run (2 Heats)

6:55 PM Boys 1600 Meter Run (2 Heats)

7:10 PM Girls 4x100 Meter Run

7:20 PM Boys 4x100 Meter Run

7:30 PM Girls 400 Meter Dash

7:35 PM Boys 400 Meter Dash

7:50 PM Girls 300 Meter Hurdles

8:00 PM Boys 300 Meter Hurdles

8:10 PM Girls 800 Meter Run

8:20 PM Boys 800 Meter Run

8:35 PM Girls 200 Meter Dash

8:50 PM Boys 200 Meter Dash

9:00 PM BREAK

9:20 PM Girls 4x400 Meter Relay

9:35 PM Boys 4x400 Meter Relay