

# LAKE CONFERENCE TRACK & FIELD CHAMPIONSHIPS

Tuesday May 23, 2023

Hopkins High School (9-lane track)

## Qualifying Standards & Requirements

### FIELD EVENTS – Session I: 3:30pm-5:15pm

Prelims & Finals in Jumps & Throws - conducted in 3 flights of 9 competitors, with 9 advancing to finals

Girls High Jump Girls Discus (Wheel Chair) Girls Long Jump	Boys Pole Vault—Start 3:00pm Boys Shot Put (Wheel Chair) Boys Triple Jump
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\*Athletes will need to check out of field events if they are competing in running events; however athletes may also elect to compete 'out of order' in flights to complete all of their attempts at once

### Session II: 5:30pm-7:15pm

Girls Pole Vault—30 minutes after Boys Girls Shot Put (Wheel Chair) Girls Triple Jump	Boys High Jump Boys Discus (Wheel Chair) Boys Long Jump
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### TRACK EVENTS

4:00 Girls 4x800 Relay  
4:13 Boys 4x800 Relay  
4:25 Girls 100m HH (3 heats) Seeded Slow-Fast  
4:40 Boys 110m HH (3 heats) Seeded Slow-Fast  
4:50 Girls 100m (3 heats) Seeded Slow-Fast  
5:00 Boys 100m (3 heats) Seeded Slow-Fast  
5:10 Boys 100m Wheel Chair  
5:15 Girls 4x200m Relay  
5:20 Boys 4x200m Relay  
5:30 Girls 1600m (2 heats) Seeded Slow-Fast  
5:42 Boys 1600m (2 heats) Seeded Slow-Fast  
5:55 Girls 4x100m Relay  
6:00 Boys 4x100m Relay  
6:05 Girls 400m (3 Heats) Seeded Slow-Fast  
6:15 Boys 400m (3 Heats) Seeded Slow-Fast  
6:30 Girls 300m Low Hurdles (3 Heats) Seeded Slow-Fast  
6:45 Boys 300m IM Hurdles (3 Heats) Seeded Slow-Fast  
6:55 Girls 800m (3 heats) Seeded Slow-Fast  
7:05 Boys 800m (3 heats) Seeded Slow-Fast  
7:15 Girls 200m (3 Heats) Seeded Slow-Fast  
7:25 Boys 200m (3 Heats) Seeded Slow-Fast  
7:35 Girls 3200m  
7:50 Boys 3200m  
8:03 Boys 3200 Wheel Chair  
8:15 Girls 4x400m Relay  
8:20 Boys 4x400m Relay