

# True Team State Track and Field Championships

## May 17 & 18, 2019 - Stillwater High School

Field Events	Saturday 5/18	Saturday 5/18	Friday 5/17
	<u>Class A</u>	<u>Class AA</u>	<u>Class AAA</u>
Field Events Begin	10:00AM	3:45PM	3:10PM
Girls Discus			
Boys Shot Put			
Pole Vault (boys inside or on portable pit in 2019)			
Boys and Girls High Jump			
Long Jump (Boys first in 2019)			
Boys Flight #1	10:00 AM	3:45 PM	3:10 PM
Boys Flight #2	10:55	4:40	4:00
Boys Flight #3			4:55
Girls Flight #1	11:50	5:35	5:50
Girls Flight #2	12:45	6:30	6:45
Girls Flight #3			7:40
Triple Jump (Girls first in 2019)			
Girls Flight #1	10:00 AM	3:45 PM	3:10 PM
Girls Flight #2	10:55	4:40	4:00
Girls Flight #3			4:55
Boys Flight #1	11:50	5:35	5:50
Boys Flight #2	12:45 PM	6:30	6:45
Boys Flight #3			7:40
Girls Shot Put (Follows boys- approx. times)	11:45 AM	5:15	6:00
Boys Discus (Follows girls- approx. times)	11:45 AM	5:15	6:00
Running Events	Saturday	Saturday	Friday
	<u>Class A</u>	<u>Class AA</u>	<u>Class AAA</u>
4 X 800 Meter Relay (Girls)	10:15 AM	4:00 PM	4:00 PM
4 X 800 Meter Relay (Boys)	10:30	4:15	4:15
100 Meter High Hurdles (Girls)	10:45	4:30	4:30
110 Meter High Hurdles (Boys)	11:00	4:45	4:45
100 Meter Dash (Girls)	11:10	4:55	5:00
100 Meter Dash (Boys)	11:20	5:05	5:10
4 X 200 Meter Relay (Girls)	11:25	5:10	5:25
4 X 200 Meter Relay (Boys)	11:35	5:20	5:35
1600 Meter Run (Girls)	11:40	5:25	5:50
1600 Meter Run (Boys)	11:50	5:35	6:00
4 X 100 Meter Relay (Girls)	12:05 PM	5:50	6:15
4 X 100 Meter Relay (Boys)	12:15	6:00	6:25
400 Meter Dash (Girls)	12:25	6:10	6:40
400 Meter Dash (Boys)	12:35	6:20	6:50
300 Meter Hurdles (Girls)	12:40	6:25	7:00
300 Meter Hurdles (Boys)	12:55	6:40	7:15
800 Meter Run (Girls)	1:05	6:50	7:30
800 Meter Run (Boys)	1:15	7:00	7:40
200 Meter Dash (Girls)	1:30	7:15	7:55
200 Meter Dash (Boys)	1:40	7:25	8:05
3200 Meter Run (Girls)	1:50	7:35	8:20
3200 Meter Run (Boys)	2:05	7:50	8:35
4 X 400 Meter Relay (Girls)	2:15	8:00	8:50
4 X 400 Meter Relay (Boys)	2:25	8:10	9:05
Awards	2:40	8:20	9:15