

Tri Metro Conference Championships - 2018

Field Events

- 1:00 Girls Long Jump – Two Flights
Girls Shot Put - Three Flights
Girls Pole Vault – Starting Height TBD
Boys Triple Jump – Two Flights
Boys Discus – Three Flights
Boys High Jump – Starting Height TBD
Boys Pole Vault – Begins 30 minutes after the completion of the other gender
Girls High Jump – Begins 30 minutes after the completion of the other gender
- 2:45 – 3:30 **Finals** Girls Long Jump – Girls Shot Put – Boys Discus – Boys Triple Jump
- 3:45 Girls Triple Jump – Two Flights
Girls Discus – Three Flights
Boys Shot Put – Three Flights
Boys Long Jump – Two Flights
- 5:30 – 6:15 **Finals** Girls Triple Jump-Girls Discus-Boys Long Jump- Boys Shot Put

12:30 - Coaches Meeting at Finish Line

Track Events – Preliminaries

- 1:30 Boys 100 meter Dash (3 heats)
- 1:38 Girls 100 meter Dash (3 heats)
- 1:48 Boys 110 meter Hurdles (2 or 3 heats)
- 1:58 Girls 100 meter Hurdles (2 or 3 heats)
- 2:08 Boys 200 meter Dash (3 heats)
- 2:16 Girls 200 meter Dash (3 heats)

Track – Finals

- 2:50 Girls 4 X 800 meter Relay (1 section)
- 3:03 Boys 4 X 800 meter Relay (1 section)
- 3:18 Girls 100 meters Hurdles (1 section)
- 3:24 Boys 110 meter Hurdles (1 section)
- 3:30 Girls 100 meter Dash (1 section)
- 3:35 Boys 100 meter Dash (1 section)
- 3:42 Girls 4 X 200 meter Relay (1 section)
- 3:50 Boys 4 x 200 meter Relay (1 section)
- 3:57 Girls 1600 meter Run (1 section)
- 4:07 Boys 1600 meter Run (1 section)
- 4:15 Girls 4 X 100 meter Relay (1 section)
- 4:22 Boys 4 x 100 meter Relay (1 section)
- 4:29 Girls 400 meter Run (3 sections)
- 4:37 Boys 400 meter Run (3 sections)
- 4:47 Girls 300 meter Hurdles (2 or 3 sections)
- 4:57 Boys 300 meter Hurdles (2 or 3 sections)

- 5:05 Girls 800 meter Run (2 sections)
- 5:11 Boys 800 meter Run (2 sections)

- 5:21 Girls 200 meter Dash (1 section)
- 5:25 Boys 200 meter Dash (1 section)
- 5:29 Girls 3200 meter Run (1 section)
- 5:44 Boys 3200 meter Run (1 section)
- 5:58 Girls 4 X 400 meter Relay (1 section)
- 6:02 Boys 4 X 400 meter Relay (1 section)