

# 2018 MVL CHAMPIONSHIPS

## TIME SCHEDULE

**Wednesday, May 9**

**4:30 Coaches Meeting**

**5:00 pm Field Events**

Boys Shot

Girls Discus

Boys Pole Vault followed by Girls

Girls High Jump

Boys Long Jump

**6:00 pm Running Events**

4x800 Relay Finals

100H/110 H Prelims      **Top 2 from each heat and the next 2 fastest times**

100 Dash Prelims      **Top 2 from each heat and the next 2 fastest times**

15 Minute Break

400m Dash      **Top 2 from each heat and the next 2 fastest times**

300H      **Top 2 from each heat and the next 2 fastest times**

15 Minute Break

200m Dash      **Top 2 from each heat and the next 2 fastest times**

# 2018 MVL CHAMPIONSHIPS

## TIME SCHEDULE

**Friday, May 11**

**5:00 pm Field Events**

Boys Discus

Girls Shot

Girls Long Jump

Boys High Jump

**6:00 pm Start of Running Events (Rolling Time Schedule)**

6:00pm	Girls 100 Hurdles	7:30	Boys 400m
6:05	Boys 110 Hurdles	7:40	Girls 300H
6:10	Girls 100m Dash	7:50	Boys 300H
6:15	Boys 100m Dash	8:00	Girls 800m Run
6:20	Girls 800m Relay Two Heats	8:10	Boys 800m Run
6:30	Boys 800m Relay Two Heats	8:20	Girls 200m
6:40	Girls 1600m	8:25	Boys 200m
6:50	Boys 1600m	8:30	Girls 3200m Run
7:00pm	Girls 400m Relay Two Heats	8:45	Boys 3200 Run
7:10	Boys 400m Relay Two Heats	8:45	Boys 3200 Run
7:20	Girls 400m	9:00	Girls 4x400 Relay Two Heats
		9:15	Boys 4x400 Relay Two Heats