

Eastern District Division II  
Track & Field Championships  
West Holmes – 2016

**Thursday, May 19<sup>th</sup>**

4:00 p.m.      Field Events Begin (Top 4 Advance to Regionals)

Girls High Jump  
Girls Shot Put  
Boys Long Jump (Flights)  
Boys Discus  
Boys Pole Vault

4:30 p.m.      Running Events – Semi-Finals

4 X 800 Meter Relay	Girls	Finals only – Top 4 to Regionals
4 X 800 Meter Relay	Boys	Finals only – Top 4 to Regionals
100 Meter Hurdles	Girls	Top 8 times advance to Finals
110 Meter Hurdles	Boys	Top 8 times advance to Finals
100 Meter Dash	Girls	Top 8 times advance to Finals
100 Meter Dash	Boys	Top 8 times advance to Finals
4 X 200 Meter Relay	Girls	Top 8 times advance to Finals
4 X 200 Meter Relay	Boys	Top 8 times advance to Finals
1600 Meter	Girls	Top 8 in each heat to Finals (if needed)
1600 Meter	Boys	Top 8 in each heat to Finals (if needed)
4 X 100 Meter Relay	Girls	Top 8 times advance to Finals
4 X 100 Meter Relay	Boys	Top 8 times advance to Finals
400 Meters	Girls	Top 8 times advance to Finals
400 Meters	Boys	Top 8 times advance to Finals
300 Meter Hurdles	Girls	Top 8 times advance to Finals
300 Meter Hurdles	Boys	Top 8 times advance to Finals
800 Meter Run	Girls	Top 8 in each heat to Finals (if needed)
800 Meter Run	Boys	Top 8 in each heat to Finals (if needed)
200 Meter Dash	Girls	Top 8 times advance to Finals
200 Meter Dash	Boys	Top 8 times advance to Finals
4 X 400 Meter Relay	Girls	Top 8 times advance to Finals
4 X 400 Meter Relay	Boys	Top 8 times advance to Finals

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**Saturday, May 21<sup>st</sup>**

10:00      Field Events Begin (Top 4 Advance to Regionals)

- Boys High Jump
- Boys Shot Put
- Girls Long Jump (Flights)
- Girls Discus
- Girls Pole Vault

11:00      Finals (Top 4 Advance to Regionals)

- |                     |       |                           |
|---------------------|-------|---------------------------|
| 100 Meter Hurdles   | Girls | Top 4 advance to Regional |
| 110 Meter Hurdles   | Boys  | Top 4 advance to Regional |
| 100 Meter Dash      | Girls | Top 4 advance to Regional |
| 100 Meter Dash      | Boys  | Top 4 advance to Regional |
| 4 X 200 Meter Relay | Girls | Top 4 advance to Regional |
| 4 X 200 Meter Relay | Boys  | Top 4 advance to Regional |
| 1600 Meters         | Girls | Top 4 advance to Regional |
| 1600 Meters         | Boys  | Top 4 advance to Regional |
| 4 X 100 Meter Relay | Girls | Top 4 advance to Regional |
| 4 X 100 Meter Relay | Boys  | Top 4 advance to Regional |
| 400 Meters          | Girls | Top 4 advance to Regional |
| 400 Meters          | Boys  | Top 4 advance to Regional |
| 300 Meter Hurdles   | Girls | Top 4 advance to Regional |
| 300 Meter Hurdles   | Boys  | Top 4 advance to Regional |
| 800 Meter Run       | Girls | Top 4 advance to Regional |
| 800 Meter Run       | Boys  | Top 4 advance to Regional |
| 200 Meter Dash      | Girls | Top 4 advance to Regional |
| 200 Meter Dash      | Boys  | Top 4 advance to Regional |
| 3200 Meters         | Girls | Top 4 advance to Regional |
| 3200 Meters         | Boys  | Top 4 advance to Regional |
| 4 X 400 Meter Relay | Girls | Top 4 advance to Regional |
| 4 X 400 Meter Relay | Boys  | Top 4 advance to Regional |