

Eastern District Division II
Track & Field Championships
West Holmes – 2019



Thursday, May 16th

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

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

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

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|---------------------|-------|------------------------------------------|
| 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 |
| 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 |

Eastern District Division II
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Saturday, May 18th

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

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

11:00 Finals (Top 4 Advance to Regionals)

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|---------------------|-------|---------------------------|
| 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 Meter Run | Girls | Top 4 advance to Regional |
| 1600 Meter Run | 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 Dash | Girls | Top 4 advance to Regional |
| 400 Meter Dash | 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 Meter Run | Girls | Top 4 advance to Regional |
| 3200 Meter Run | 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 |