

**2014 District Track and Field
Lakewood High School
Wednesday, May 21, 4:00 p.m.
DAY 1**

May 21 Field Events-4:00 p.m.

Boys	Girls
Discus	Shot Put
Long Jump	High Jump
Pole Vault	

May 21 Semis and Finals-5:00 p.m.

Semis

G 100 M Hurdles -- 4 Heats	8 Fastest Times to Finals
B 110 M Hurdles -- 4 Heats	8 Fastest Times to Finals
G 100 M Dash -- 4 Heats	8 Fastest Times to Finals
B 100 M Dash -- 4 Heats	8 Fastest Times to Finals

Finals

G 4 x 800 M Relay	Top 4 to Regional
B 4 x 800 M Relay	Top 4 to Regional

Semis

G 4 x 200 M Relay	8 Fastest Times to Finals
B 4 x 200 M Relay	8 Fastest Times to Finals
G 1600 M Run*	
B 1600 M Run *	
G 4 x 100 M Relay	8 Fastest Times to Finals
B 4 x 100 M Relay	8 Fastest Times to Finals
G 400 M Dash	8 Fastest Times to Finals
B 400 M Dash	8 Fastest Times to Finals
G 300 M Hurdles	8 Fastest Times to Finals
B 300 M Hurdles	8 Fastest Times to Finals
G 800 Meter Run*	
B 800 Meter Run*	
G 200 M Dash	8 Fastest Times to Finals
B 200 M Dash	8 Fastest Times to Finals
G 4 x 400 M Relay	8 Fastest Times to Finals
B 4 x 400 M Relay	8 Fastest Times to Finals

*If needed

**2014 District Track and Field
Lakewood High School
Friday, May 23, 4:00 p.m.
DAY 2**

May 23 Field Events-4:00 p.m.

Boys	Girls
Shot Put	Discus
High Jump	Long Jump
	Pole Vault

May 23 Semis and Finals-6:00 p.m.

G 100 M Hurdles
B 110 M Hurdles
G 100 M Dash
B 100 M Dash
G 4 x 200 M Relay
B 4 x 200 M Relay
G 1600 M Run*
B 1600 M Run*
G 4 x 100 M Relay
B 4 x 100 M Relay`
G 400 M Dash
B 400 M Dash
G 300 M Hurdles
B 300 M Hurdles
G 800 Meter Run*
B 800 Meter Run*
G 200 M Dash
B 200 M Dash
G 3200 M Run
B 3200 M Run
G 4 x 400 M Relay
B 4 x 400 M Relay

*If needed