

Fremont Ross Division III District Track and Field Championships
Chad Berndt – Meet Manager
Fremont Ross High School

Time Schedule – Saturday, May 24, 2014

**Field Events – Preliminary Trials and Finals
11:00 A.M.**

Boys Shot Put
Girls District 1 Discus
Boys High Jump
Girls District 1 Long Jump
Girls District 2 Pole Vault

Track Event Finals – 12:30 P.M.

100m Hurdles	(Girls 1, Girls 2)
110m Hurdles	(Boys)
100m Dash	(Girls 1, Girls 2, Boys)
4 x 200m Relay	(Girls 1, Girls 2, Boys)
1600m Run	(Girls 1, Girls 2, Boys)
4 x 100m Relay	(Girls 1, Girls 2, Boys)
400m Dash	(Girls 1, Girls 2, Boys)
300m Hurdles	(Girls 1, Girls 2, Boys)
800m Run	(Girls 1, Girls 2, Boys)
200m Dash	(Girls 1, Girls 2, Boys)
3200m Run	(Girls 1, Girls 2, Boys)
4 x 400m Relay	(Girls 1, Girls 2, Boys)