

**North Coast League  
Track & Field Meet Schedule  
Thursday, May 2, 2019**

**4pm**

**Field Events**

Girls Discus	3 attempts in flight; top 8 advance to finals
Boys Shot Put	3 attempts in flight; top 8 advance to finals
Boys Long Jump	3 attempts in flight; top 8 advance to finals
Girls High Jump	1 flight of 12, each division starting height 4'4", then 2" to 5', then 1"
Girls Pole Vault	1 flight of 12, each division starting height 6', then 6" to 9', then 3"

**5:00pm**

**Running Events**

Girls 100m High Hurdles – White & Blue divisions
Boys 110m High Hurdles – White & Blue divisions
Girls 100m Dash – White & Blue divisions
Boys 100m Dash – White & Blue divisions
Girls 4x200m Relay – White & Blue divisions
Boys 4x200m Relay – White & Blue divisions
Girls 1600m Run – combined race; scored by division
Boys 1600m Run – combined race; scored by division
Girls 4x100m Relay – White & Blue divisions
Boys 4x100 Relay – White & Blue divisions
Girls 400m Dash – White & Blue divisions
Boys 400m Dash – White & Blue divisions
Girls 300m Low Hurdles – White & Blue divisions
Boys 300m Intermediate Hurdles – White & Blue divisions
Girls 800m Run – White & Blue divisions
Boys 800m Run – White & Blue divisions
Girls 200m Dash – White & Blue divisions
Boys 200m Dash – White & Blue divisions
Girls 3200m Run – combined race; scored by division
Boys 3200m Run – combined race; scored by division
Girls 4x400m Relay – White & Blue divisions
Boys 4x400m Relay – White & Blue divisions

**Presentation of Awards – Team Awards only**

NOTE: Meet will be on a running schedule