

**North Coast League  
Track & Field Meet Schedule  
Tuesday, April 30, 2019**

**4pm**

**Field Events**

Girls Shot Put	3 attempts in flight; top 8 advance to finals
Boys Discus	3 attempts in flight; top 8 advance to finals
Girls Long Jump	3 attempts in flight; top 8 advance to finals
Boys High Jump	1 flight of 12, each division; starting height 5'4", then 2" to 6', then 1"
Boys Pole Vault	1 flight of 12, each division; starting height 9', then 6" to 13', then 3"

**5:00pm**

**Running Events**

	Girls 4x800 m Relay Finals – combined race; scored by division
5:15p	Boys 4x800m Relay Finals – combined race; scored by division
5:30p	Girls 100m High Hurdle Semi's* - White & Blue divisions
5:45p	Boys 110m High Hurdle Semi's* - White & Blue divisions
6:00p	Girls 100m Dash Semi's* - White & Blue divisions
6:10p	Boys 100m Dash Semi's* - White & Blue divisions
6:20p	Girls 400m Dash Semi's* - White & Blue divisions
6:35p	Boys 400m Dash Semi's* - White & Blue divisions
6:50p	Girls 300m Low Hurdle Semi's* - White & Blue divisions
7:05p	Boys 300m Intermediate Hurdle Semi's* - White & Blue divisions
7:20p	Girls 200m Dash Semi's* - White & Blue divisions
7:30p	Boys 200m Dash Semi's* - White & Blue divisions

NOTE: Tuesday's meet will be on a timed schedule to allow for rest between races

\*- fastest 7 times advance to finals