

NWOAL Championship Schedule of Events

Tuesday May 7, 2019

Field Event Finals

2:00 pm Pole Vault - Girls followed by Boys
Long Jump - Boys followed by Girls
Discus - Girls followed by Boys
High Jump - Girls followed by Boys
Shot Put - Boys followed by Girls

At the conclusion of field events Girls 4 X 800 Relay - Finals
Approx. 6:30 Boys 4 X 800 Relay - Finals

Semi- Finals of Running Events

Qualifying to Finals - Top 8 Times in each event to finals

CALLS WILL BE MADE FOR SEMI-FINALS

6:30-7:00 Girls 100m Hurdles
Boys 110m Hurdles
Girls 100m Dash
Boys 100m Dash
15 MINUTE BREAK (Field Event Awards Presentation)
Girls 400m Dash
Boys 400m Dash
Girls 300m Hurdles
Boys 300m Hurdles
10 MINUTE BREAK (Field Event awards Presentation)
Girls 200m Dash
Boys 200m Dash

Friday May 10, 2019

FINALS

Approx. Time - **Calls will be made for the events.**

7:00 pm Girls 100m Hurdles
Boys 110m Hurdles
7:08 pm Girls 100m Dash
Boys 110m Dash
7:15 pm Girls 4 X 200m Relay
7:20 pm Boys 4 X 200m Relay
7:25 pm Girls 1600m Run
7:35 pm Boys 1600m Run
7:45 pm Girls 4 X 100m Relay
Boys 4 X 100m Relay
7:50 pm Girls 400m Dash
Boys 400m Dash
8:00 pm Girls 300m Hurdles
8:05 pm Boys 300m Hurdles
8:10 pm Girls 800m Run
8:15 pm Boys 800m Run
8:20 pm Girls 200m Dash
Boys 200m Dash
8:25 pm Girls 3200m Run
8:40 pm Boys 3200m Run
8:55 pm Girls 4 X 400m Relay
9:00 pm Boys 4 X 400m Relay

9:15 pm **NWOAL Team Championship Trophy Presentation**