

2019 SWC Track and Field Championships  
Amherst Steele High School  
May 8th and 10th

SemiFinals

Day 1: Wednesday 5/8/19 – Starts at 4:30 p.m.

<u>TIME</u>	<u>EVENT</u>	<u>ROUND</u>
4:30 PM	Girls Shot Put	Finals
4:30 PM	Girls High Jump	Finals
4:30 PM	Boys Long Jump	Finals
4:30 PM	Boys Pole Vault	Finals
4:30 PM	Boys Discus Throw	Finals
5:30 PM	Girls 4x800 Meter Relay	Finals
	Boys 4x800 Meter Relay	Finals
6:00 PM	Girls 100 Meter Hurdles	Prelims
	Boys 110 Meter Hurdles	Prelims
6:20 PM	Girls 100 Meter Dash	Prelims
	Boys 100 Meter Dash	Prelims
6:35 PM	Girls 400 Meter Dash	Prelims
	Boys 400 Meter Dash	Prelims
6:55 PM	Girls 300 Meter Hurdles	Prelims
	Boys 300 Meter Hurdles	Prelims
7:15 PM	Girls 200 Meter Dash	Prelims
	Boys 200 Meter Dash	Prelims