



WEST CENTRAL DISTRICT III

OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



2016 TRACK & FIELD CHAMPIONSHIPS 1A – 2A

Friday May 20, 2016 (2A)		Saturday May 21, 2016 (2A)
3:30 2A Girls Shot Put		10:00 2A Girls Long Jump
4:30 2A Boys Long Jump		10:00 2A Girls High Jump
4:30 2A Boys High Jump		10:00 2A Boys Triple Jump
4:30 2A Girls Triple Jump		10:00 2A Boys Pole Vault
4:45 2A Girls Discus Throw		10:00 2A Boys Discus Throw
4:45 2A Girls Pole Vault		11:30 2A Boys Shot Put
4:45 2A Boys Javelin		11:45 2A Girls Javelin Throw
Friday May 20, 2016 (1A)		Saturday May 21, 2016 (1A)
3:30 1A Boys Pole Vault		10:00 1A Boys Shot Put
3:30 1A Girls Long Jump		10:00 1A Girls Javelin Throw
3:30 1A Boys Triple Jump		11:45 1A Boys long Jump
3:30 1A Boys Javelin Throw		11:45 1A Boys High Jump
3:30 1A Boys Discus Throw		11:45 1A Girls Triple Jump
3:30 1A Girls High Jump		11:45 1A Girls Discus Throw
5:00 1A Girls Shot Put		12:00 1A Girls Pole Vault
Running Events		Running Events (Timed Finals)
3:25 1A Girls 4X200R (Final)		12:00 2A Boys 3200M Run
3:30 2A Girls 4x200 Relay (2 Heats)		12:15 2A Girls 3200M Run
3:40 2A Boys 1600M (Final)		12:30 2A Girls 4X200 Relay
3:50 2A Girls 1600M (Final)		12:40 1A Boys 800M Run
4:00 1A Boys 110 HH (Final)		12:50 1A Girls 800M Run
4:05 2A Boys 110M HH (2 Heats)		1:00 2A Boys 110M Hurdles
4:15 1A Girls 100M HH (Final)		1:10 2A Girls 100M Hurdles
4:20 2A Girls 100M HH (2 Heats)		1:15 2A Boys 100M Dash
4:30 1A Boys 100M Dash (Final)		1:20 2A Girls 100M Dash
4:35 2A Boys 100M Dash (2 Heats)		1:25 2A Boys 800M Run
4:45 1A Girls 100M Dash (Final)		1:30 2A Girls 800M Run
4:50 2A Girls 100M Dash (2 Heats)		1:40 2A Boys 4X100 Relay
5:00 1A Boys 1600M (Final)		1:50 2A Girls 4X100 Relay
5:10 1A Girls 3200M (Final)		2:00 2A Boys 400M Dash
5:25 1A Boys 4x100 Relay (Final)		2:10 2A Girls 400M Dash
5:30 2A Boys 4X100 Relay (2 Heats)		2:20 1A Boys 300M Hurdles
5:40 1A Girls 4x100 Relay (Final)		2:25 2A Boys 300M Hurdles
5:45 2A Girls 4X100 Relay (2 Heats)		2:30 1A Girls 300M Hurdles
5:55 1A Boys 400M Dash (Final)		2:35 2A Girls 300M Hurdles
6:00 2A Boys 400M Dash (2 Heats)		2:40 1A Boys 200M Dash
6:10 1A Girls 400M Dash (Final)		2:45 2A Boys 200M Dash
6:15 2A Girls 400M Dash (2 Heats)		2:50 1A Girls 200M Dash
6:25 2A Boys 300M Hurdles (2 Heats)		2:55 2A Girls 200M Dash
6:35 2A Girls 300M Hurdles (2 Heats)		3:00 1A Boys 3200M Run
6:45 2A Boys 800M Run (2 Heats)		3:15 1A Girls 1600M Run
6:55 2A Girls 800M Run (2 Heats)		3:30 2A Boys 4X400 Relay
7:05 2A Boys 200M Dash (2 Heats)		3:35 2A Girls 4X400 Relay
7:15 2A Girls 200M Dash (2 Heats)		3:40 1A Girls 4X400 Relay
7:25 2A Boys 4 X 400M Relay (2 Heats)		3:45 1A Boys 4X400 Relay
7:35 2A Girls 4 X 400M Relay (2 Heats)		4:00 Results Team Awards