

**2018 NORTH PUGET SOUND LEAGUE
4A TRACK AND FIELD MEET
Wednesday, May 9 and Friday, May 11, 2017
French Field Stadium
Kent Meridian High School**

Wednesday, May 10th

1:40 out of class
1:55 Bus Leaves

Field Events

3:30 Girls Pole Vault (Sarah, Hope, and Catherine)
3:30 Boys Long Jump (Cooper)
3:30 Girls Triple Jump
3:30 Boys Javelin Throw (Jeremiah (Alt))
3:30 Girls Discus Throw (Alexa) I need workers for this event.
5:30 Boys Shot Put
5:30 Boys High Jump (Daniel and George)

Running Events

5:15 Girls 4x200m Relay (Saida, Angela, Alexa, and Jessica)
5:30 Boys 1600m Run
5:45 Boys 110m High Hurdles (Andres)
5:55 Girls 100m Intermediate Hurdles (Tyrasia)
6:05 Boys 100m Dash (Christopher)
6:15 Girls 100m Dash (Angela)
6:25 Boys/Girls WC/Ambulatory 100m Dash
6:35 Girls 1600m Run
6:50 Boys 4x100m Relay (David, Quinton, Chris, and Christopher (alt. Jackson and Tyler))
7:00 Girls 4x100m Relay (Saida, Angela, Alexa, and Jessica)
7:10 Boys 400m Run (Quinton and David)
7:20 Girls 400m Run

7:30 Boys/Girls WC/Ambulatory 400m Dash

Friday, May 12th

1:40 out of class
1:55 Bus Leaves

Field Events

3:30 Boys Pole Vault
3:30 Girls Long Jump
3:30 Boys Triple Jump
3:30 Girls Javelin Throw
3:30 Boys Discus Throw (Jeremiah)
5:30 Girls Shot Put
5:30 Girls High Jump (Tyrasia)

Running Events

5:15 Girls 3200m Run
5:30 Boys 300m Intermediate Hurdles (Andres)
5:40 Girls 300m Low Hurdles (Angela)
5:50 Boys 800m Run
6:05 Girls 800m Run
6:15 Boys 200m Dash (Christopher and Chris)
6:25 Girls 200m Dash
6:35 Boys/Girls WC/Ambulatory 200m Dash
6:45 Boys 3200m Run (Jameson)
7:00 League Awards
7:15 Girls 4x400m Relay
7:25 Boys 4x400m Relay (David, Quinton, Chris, and Christopher)