**2017 NORTH PUGET SOUND LEAGUE**

**4A TRACK AND FIELD MEET**

**Wednesday, May 10 and Friday, May 12, 2017**

***French Field Stadium***

**Kent Meridian High School**

**Wednesday, May 10th**

2:30 Coaches Meeting (Shop behind Trailer)

**Field Events**

3:30 Girls Pole Vault

3:30 Boys Long Jump

3:30 Girls Triple Jump

3:30 Boys Javelin Throw

3:30 Girls Discus Throw

5:30 Boys Shot Put

5:30 Boys High Jump

**Running Events**

5:15 Girls 4x200m Relay

5:30 Boys 1600m Run

5:45 Boys 110m High Hurdles

5:55 Girls 100m Intermediate Hurdles

6:05 Boys 100m Dash

6:15 Girls 100m Dash

6:25 Boys/Girls WC/Ambulatory 100m Dash

6:35 Girls 1600m Run

6:50 Boys 4x100m Relay

7:00 Girls 4x100m Relay

7:10 Boys 400m Run

7:20 Girls 400m Run

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

**Friday, May 12th**

2:30 Coaches Meeting (Shop behind Trailer)

**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

5:30 Girls Shot Put

5:30 Girls High Jump

**Running Events**

5:15 Girls 3200m Run

5:30 Boys 300m Intermediate Hurdles

5:40 Girls 300m Low Hurdles

5:50 Boys 800m Run

6:05 Girls 800m Run

6:15 Boys 200m Dash

6:25 Girls 200m Dash

6:35 Boys/Girls WC/Ambulatory 200m Dash

6:45 Boys 3200m Run

**7:00 League Awards**

7:15 Girls 4x400m Relay

7:25 Boys 4x400m Relay