

**2014 Western Carolina High School/Middle School Track and Field Championships**

**Thursday April 17, 2014**

**\*\*Tentative - TIME SCHEDULE\*\***

**Field Event Schedule** – In the LJ/TJ & Throws each competitor will receive 4 attempts, No Finals, Winner will be best mark

3:00pm .....Long Jump – High School - Boys and Girls  
Discus – HS & MS - Girls  
Shot Put – HS - Boys  
Pole Vault – HS - Girls  
3:45pm .....High Jump – HS & MS – Boys  
4:30pm .....Long Jump – Middle School – Boys and Girls  
Shot Put – MS Boys  
5:15pm..... High Jump – HS & MS - Girls  
5:30pm..... Pole Vault – HS - Boys  
Discus – HS & MS - Boys  
Shot Put – MS Girls  
6:00pm.....Triple Jump – HS - Boys and Girls  
7:30pm.....Triple Jump – Middle School – Boys and Girls  
Shot Put – HS Girls  
High Jump – HS & MS Boys

**\*\*Girls will LJ/TJ on pit #1 (closest to track)**

**\*\*Boys will LJ/TJ on pit #2 (between pit #1 and pole vault Runway)**

**Running Event Schedule** (we will stick to this schedule as close as possible – will go to a roll if we get behind or if we can move ahead we will make an announcement)

3:00pm..... 4 x 800m Relay – Girls  
3:15pm 4 x 800m Relay – Boys  
3:30pm 100m Hurdles – MS girls  
100m Hurdles – HS girls  
3:50pm 110m Hurdles – MS boys  
110m Hurdles – HS boys  
4:05pm 100m Dash – MS girls  
100m Dash – HS girls  
4:20pm 100m Dash – MS boys  
100m Dash – HS boys  
4:35pm 4 x 200m Relay – MS girls  
4 x 200m Relay – HS girls  
4:50pm 4 x 200m Relay – MS boys  
4 x 200m Relay – HS boys  
5:05pm 1600m Run – MS girls  
1600m Run – HS girls  
5:25pm 1600m Run – MS boys  
1600m Run – HS boys  
5:45pm 4 x 100m Relay – MS girls  
4 x 100m Relay – HS girls  
6:00pm 4 x 100m Relay – MS boys  
4 x 100m Relay – HS boys  
6:15pm 400m Dash – MS girls  
400m Dash – HS girls

<b>6:35pm</b>	<b>400m Dash – MS boys</b>
	<b>400m Dash – HS boys</b>
<b>7:00pm</b>	<b>300m Hurdles – HS girls</b>
<b>7:10pm</b>	<b>300m Hurdles – HS boys</b>
<b>7:20pm</b>	<b>600m Run – MS girls (7<sup>th</sup> grade only)</b>
<b>7:25pm</b>	<b>600m Run – MS boys (7<sup>th</sup> grade only)</b>
<b>7:30pm</b>	<b>800m Run MS girls</b>
	<b>800m Run – HS girls</b>
<b>7:45pm</b>	<b>800m Run – MS boys</b>
	<b>800m Run – HS boys</b>
<b>8:00pm</b>	<b>200m Dash – MS girls</b>
	<b>200m Dash – HS girls</b>
<b>8:20pm</b>	<b>200m Dash – MS boys</b>
	<b>200m Dash – HS boys</b>
<b>8:45pm</b>	<b>3200m Run – HS girls</b>
<b>9:00pm</b>	<b>3200m Run – HS boys</b>
<b>9:15pm</b>	<b>4 x 400m Relay – MS girls</b>
	<b>4 x 400m Relay – HS girls</b>
<b>9:30pm</b>	<b>4 x 400m Relay – MS boys</b>
	<b>4 x 400m Relay – HS boys</b>

**\*Awards Ceremony for team awards approx. 5 min. after the last event.**