

## CENTRAL LAKES CONFERENCE CHAMPIONSHIPS 2018 MEET SCHEDULE

**Coaches meeting: The meeting will begin at 2:15 in the bleachers in front of the press box.**

### Time Schedule

#### **Field Events**

Girls Discus	3:00	Girls Shot Put	5:00
Boys Shot Put	3:00	Boys Discuss	5:00
Girls High Jump	3:00	Boys High Jump	5:00
Girls Long Jump	3:00	Girls Triple Jump	5:00
Boys Triple Jump	3:00	Boys Long Jump	5:00
Boys Pole Vault	3:00	Girls Pole Vault	5:00

#### **Running Events**

4x800 Meter Relay (Girls)	1 Heat	3:30
4x800 Meter Relay (Boys)	1 Heat	3:40
100 Meter Hurdles (Girls)	4 Heats	3:50
110 Meter Hurdles (Boys)	4 Heats	4:00
100 Meter Dash (Girls)	4 Heats	4:10
100 Meter Dash (Boys)	4 Heats	4:20
4x200 Meter Relay (Girls)	1 Heat	4:30
4x200 Meter Relay (Boys)	1 Heat	4:35
1600 Meter Run (Girls)	2 Heats	4:45
1600 Meter Run (Boys)	2 Heats	5:00
4x100 Meter Relay (Girls)	1 Heat	5:15
4x100 Meter Relay (Boys)	1 Heat	5:20
400 Meter Dash (Girls)	4 Heats	5:25
400 Meter Dash (Boys)	4 Heats	5:35
300 Meter Hurdles (Girls)	4 Heats	5:45
300 Meter Hurdles (Boys)	4 Heats	5:55
800 Meter Run (Girls)	2 Heats	6:05
800 Meter Run (Boys)	2 Heats	6:15
200 Meter Dash (Girls)	4 Heats	6:25
200 Meter Dash (Boys)	4 Heats	6:35
3200 Meter Run (Girls)	1 Heat	6:45
3200 Meter Run (Boys)	1 Heat	7:00
4x400 Meter Relay (Girls)	1 Heat	7:15
4x400 Meter Relay (Boys)	1 Heat	7:20