

**2016 SUBURBAN EAST CONFERENCE
TRACK AND FIELD CHAMPIONSHIPS
PRELIMINARIES – MAY 24, 2016**

<u>TIME</u>	<u>EVENT</u>	
2:15	Coaches meeting	(all scratches must be completed by 2:15)
2:40	National Anthem	
2:45	HORIZONTAL JUMPS BEGIN	
	Girls Long Jump – Prelims followed by finals	
	Boys Triple Jump – Prelims followed by finals	
3:15	ALL OTHER FIELD EVENTS BEGIN	
	Girls Discus Throw – Prelims followed by finals	
	Girls High Jump – Finals	
	Boys Shot Put – Prelims followed by finals	
	Boys Pole Vault – Finals	
3:15	3200 Meters – Girls – Unseeded section	
3:30	3200 Meters - Boys – Unseeded section	
3:45	100 Meter High Hurdles	5 Heats – Heat winners plus next four best times advance
4:05	110 Meter High Hurdles	See above
4:25	100 Meter Dash – Girls	See above
4:42	100 Meter Dash – Boys	See above
5:00	400 Meter Dash - Girls	See above
5:16	400 Meter Dash – Boys	See above
5:33	300 Meter Low Hurdles	See above
5:50	300 Meter Intermediate Hurdles	See above
6:10	800 Meter Dash – Girls	4 Heats – Top two in each heat plus next four best times advance
6:25	800 Meter Dash – Boys	See above
6:40	200 Meters – Girls	5 Heats – Heat winners plus next four best times advance
6:55	200 Meters – Boys	See above
7:10	3200 Meters – Girls Fast section	
7:23	3200 Meters – Boys Fast section	

Note: If one wheeler competes in the 100 and/or 200 there will be 6 heats – heat winners and next 3 best times advance and will be a final race for the wheeler

LIVE RESULTS AVAILABLE AT www.wayzataresults.com

TUESDAY LONG JUMP & TRIPLE JUMP

Flight 1 2:45– 4:10
Flight 2 4:25 – 5:35
Finals 5:50

THURSDAY LONG JUMP & TRIPLE JUMP

Flight 1 4:00 - 5:25
Flight 2 5:40 - 7:05
Finals 7:20

TUESDAY SHOT AND DISC

Flight 1 3:15 – 3:50
Flight 2 4:05 – 4:40
Flight 3 4:55 - 5:30
Flight 4 5:45 – 6:20
Finals 6:35

THURSDAY SHOT AND DISC

Flight 1 4:00 - 4:35
Flight 2 4:50 – 5:25
Flight 3 5:40 – 6:15
Flight 4 6:30 – 7:05
Finals 7:20

