

Meet Schedule- Class A State Meet Mt. Ararat High School – June 3, 2023

Revised 6-1-23

Field Events:

10:00 am	Girls Discus Boys Javelin Boys Pole Vault Girls High Jump Boys Long Jump Girls Triple Jump	1:00 pm	Boys High Jump Girls Pole Vault Girls Long Jump Boys Triple Jump
		2:00 pm	Boys Discus Girls Shot Put
Noon	Boys Shot Put Girls Javelin		

The reason for the schedule changes in the throws is due to the travel distance required between the javelin area and the discus area. About ¼ of a mile. I have set up the field events so that no gender has more than one throwing event going on during the three (3) throwing blocks. Also, in regards to the LJ/TJ is due to the fact that only one runway is a TJ runway.

Running Events: Event times will be finalized after final seeding on June 1st.

10:30 am	4x800 Meter Relay (Girls followed by Boys)
11:15 am	Girls 100 Meter Hurdles
11:30 am	Boys 110 Meter Hurdles
11:45 am	Girls 100 Meter Dash
12:00 pm	Boys 100 Meter Dash
12:15 pm	Opening Remarks National Anthem
12:25 pm	Racewalk (Girls followed by Boys)
12:45 pm	Girls 100 Meter Hurdles
12:50 pm	Boys 110 Meter Hurdles
12:55 pm	100 Meter Dash (Girls followed by Boys)
1:10 pm	1600 Meter Run (Girls followed by Boys)
1:35 pm	4x100 Meter Relay (Girls followed by Boys)
1:55 pm	400 Meter Run (Girls followed by Boys)
2:15 pm	300 Meter Hurdles (Girls followed by Boys)
2:30 pm	800 Meter Run (Girls followed by Boys)
2:50 pm	200 Meter Dash (Girls followed by Boys)
3:05 pm	3200 Meter Run (Girls followed by Boys)
3:55 pm	4x400 Meter Relay (Girls followed by Boys)