

Springfield High School

Triangular Time Schedule

Field Events

3:00

Discus	Girls V followed by Girls JV, Boys V, and Boys JV
Javelin	Boys V followed by Boys JV, Girls V, and Girls JV
Shot	Boys V followed by Boys JV, Girls V, Girls JV
High Jump	Girls JV followed by Girls V, Boys JV, Boys V
Long Jump	Boys V followed by Girls V West Pit
Long Jump	Boys JV followed by Girls JV East Pit
Pole Vault	Open Pit
Triple Jump	Follows Long Jump, same sequence and pit locations.

Track Events

3:45

Start Time	Events
3:45 Rolling Schedule	Girls 4 x 100m relay
	Boys 4 x 100m relay
	Girls 1500m run
	Boys 1500m run
	Girls 100m dash
	Boys 100m dash
	Girls 400m dash
	Boys 400m dash
	Girls 100m hurdles
	Boys 110 hurdles
	Girls 800m run
	Boys 800m run
	Girls 200m dash
	Boys 200m dash
	Girls 300m low hurdles
	Boys 300m intermediate hurdles
	Girls and Boys 3000m run
	Girls 4 x 400m Relay
	Boys 4 x 400m Relay