

Southwest Conference
2016 District Track and Field Championships
Thursday, May 12th, 2016
South Medford High School

Field Events

Boys Pole Vault (Final)	1:00 pm	Girls Pole Vault (Final)	3:00 pm
Boys Long Jump (Final)	3:00 pm	Girls Long Jump (Final)	1:00 pm
Boys Javelin (Final)	3:00 pm	Girls Javelin (Final)	1:00 pm
Boys Shot Put (Final)	1:00 pm	Girls Shot Put (Final)	3:00 pm

Running Events

	Heat 1	Heat 2	Heat 3
Girls 100M	2:00	2:05	2:10
Boys 100M	2:15	2:20	2:25
Girls 400M	2:30	2:35	2:40
Boys 400M	2:45	2:50	3:00
Girls 100M HH	3:05	3:10	3:15
Boys 110M HH	3:25	3:30	3:35
Girls 800M	3:45	3:50	3:55
Boys 800M	4:00	4:05	4:10
Girls 200M	4:20	4:25	4:30
Boys 200M	4:35	4:40	4:45
Girls 300M LH	4:55	5:00	5:05
Boys 300M IH	5:15	5:20	5:25
Girls 3000M (Final)	5:35		
Boys 3000M (Final)	5:55		

Coaches Meeting: 12:00 pm

Weigh-ins:

- Boys and girls Pole vaulters – 11:00 – 12:00
- Boys and girls Javelin Throwers – 11:00 – 12:30
- Boys and girls Shot Putters – 11:00 – 12:30

Track Closed: 1:45 pm

Southwest Conference
2016 District Track and Field Championships
Saturday, May 14th, 2016
South Medford High School

Field Events

Boys High Jump (Final)	12:30pm	Girls High Jump (Final)	2:30 pm
Boys Triple Jump (Final)	2:30pm	Girls Triple Jump (Final)	12:30pm
Boys Discus (Final)	12:30pm	Girls Discus (Final)	2:30pm

Running Events

Girls 400M Relay	2:00 pm
Boys 400M Relay	2:05 pm
Girls 1500M	2:10 pm
Boys 1500M	2:20 pm
Girls 100M	2:30 pm
Boys 100M	2:35 pm
Girls 400M	2:40 pm
Boys 400M	2:45 pm
Girls 100M HH	3:00 pm
Boys 110M HH	3:10 pm
Girls 800M	3:20 pm
Boys 800M	3:30 pm
Girls 200M	3:35 pm
Boys 200M	3:40 pm
Girls 300M LH	3:55 pm
Boys 300M IH	4:00 pm
Girls 1600M Relay	4:40 pm
Boys 1600M Relay	4:45 pm
Team Awards	5:00 pm

Coaches Meeting: 11:30 am

Weigh-Ins:

- Boys and girls Discus Throwers 10:30 – 12:00.

Track Closed: 1:45 pm