

DISTRICT III 4A
TRACK & Field CHAMPIONSHIPS
 Nampa High School
 Friday and Saturday May 10-11, 2019



Schedule of Events

Friday – May 10, 2019

Field Events

12:30pm

Varsity Boys Triple Jump (West Pit) / Varsity Girls Long Jump (East Pit)

Varsity Boys Shot Put / Varsity Girls Discus

Varsity Boys High Jump / Varsity Girls Pole Vault

3:00pm

JV Boys Triple Jump (West Pit) / JV Girls Long Jump

JV Boys Shot Put / JV Girls Discus

JV Boys High Jump / JV Girls Pole Vault

Running Events

12:00pm	JV/Var 3200m	Girls	Finals	6:45	100m (2)	Girls	Prelim
12:20	JV 3200m	Boys	Finals	6:55	100m (2)	Boys	Prelim
12:40	3200m	Boys	Finals	6:45	JV 300m IH (2)	Girls	Prelim
				6:50	300m IH (2)	Girls	Prelim
				6:55	JV 300m IH (2)	Boys	Prelim
				7:00	300m IH (2)	Boys	Prelim
				7:10	JV 200m (3)	Girls	Prelim
5:00	JV 100m HH (2)	Girls	Prelim	7:20	JV 200m (4)	Boys	Prelim
5:15	100m HH (2)	Girls	Prelim	7:30	200m (2)	Girls	Prelim
5:25	JV 110m HH (2)	Boys	Prelim	7:40	200m (2)	Boys	Prelim
5:35	110m HH (2)	Boys	Prelim	7:50	JV Medley	Girls	Finals
5:45	JV 400m (4)	Girls	Prelim	7:55	JV Medley	Boys	Finals
5:55	JV 400m (4)	Boys	Prelim	8:00	Medley	Girls	Finals
6:05	400m (2)	Girls	Prelim	8:05	Medley	Boys	Finals
6:15	400m (2)	Boys	Prelim				
6:25	JV 100m (4)	Girls	Prelim				
6:35	JV 100m (4)	Boys	Prelim				

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 Friday and Saturday May 10-11, 2019



Schedule of Events

Saturday – May 11, 2019

Field Events

10:00am

Varsity Boys Long Jump (West Pit) / Varsity Girls Triple Jump (East Pit)
 Varsity Boys Discus / Varsity Girls Shot Put
 Varsity Boys Pole Vault / Varsity Girls High Jump

11:30am

JV Boys Long Jump (West Pit) / JV Girls Triple Jump
 JV Boys Discus / JV Girls Shot Put
 JV Boys Pole Vault / JV Girls High Jump

Running Events

12:50pm	JV 4x200m R.	Girls	Finals	3:00	JV 800m	Girls	Finals
12:55	JV 4x200m R.	Boys	Finals	3:05	JV 800m	Boys	Finals
1:00	4x200m R.	Girls	Finals	3:10	800m	Girls	Finals
1:05	4x200m R.	Boys	Finals	3:15	800m	Boys	Finals
1:10	JV 1600m	Girls	Finals	3:20	JV 4x100m R.	Girls	Finals
1:20	JV 1600m	Boys	Finals	3:25	JV 4x100m R.	Boys	Finals
1:30	1600m	Girls	Finals	3:30	4x100m R.	Girls	Finals
1:45	1600m	Boys	Finals	3:35	4x100m R.	Boys	Finals
2:00	JV 100m HH	Girls	Finals	3:45	JV 300m IH	Girls	Finals
2:05	100m HH	Girls	Finals	3:50	300m IH	Girls	Finals
2:10	JV 110m HH	Boys	Finals	3:55	JV 300m IH	Boys	Finals
2:15	110m HH	Boys	Finals	4:00	300m IH	Boys	Finals
2:20	JV 400m	Girls	Finals	4:05	JV 200m	Girls	Finals
2:23	JV 400m	Boys	Finals	4:08	JV 200m	Boys	Finals
2:25	400m	Girls	Finals	4:12	200m	Girls	Finals
2:30	400m	Boys	Finals	4:15	200m	Boys	Finals
				4:25	JV 4x400m R.	Girls	Finals
				4:30	JV 4x400m R.	Boys	Finals
				4:35	4x400m R.	Girls	Finals
				4:40	4x400m R.	Boys	Finals
10 Minute Break							
2:45	JV 100m	Girls	Finals				
2:48	JV 100m	Boys	Finals				
2:52	100m	Girls	Finals				
2:55	100m	Boys	Finals				