

2019
District 3 5A Track & Field Meet
Centennial High School
May 9th and 10th

Host: Centennial High School
Meet Director: Jon Watson – 855-4251
Starters: **Jeff Farley, Nick Ciacco, Tim Ellinghouse**
Timers/Scorer: **George Ragan**
Schools: Boise, Borah, Capital, Centennial, Eagle, Meridian,
Mountain View, Rocky Mountain, Skyview, Timberline

Admission: Adults: \$6, Students \$4, Seniors \$3

Entries: **Due on athletic.net by Sunday, May 5 by 5:00PM.** All events must be timed with FAT to be accepted for entry into the district meet. No hand timed or converted hand times will be accepted.

District Seeding/:
Scratch meeting Monday, May 6 at 6:00PM at Centennial Room 131.

Make sure to enter athletes who have met the qualifying standard or who may make the 24 entries. Remember athletes are only able to compete in either the Varsity District Meet OR the JV District Meet. No athlete can compete in both. **NO ADDS AT THE MEETING.**

Dinner will be provided for one coach or designee per school.

Awards: Individual medals for Top 3 finishers, Team Trophy for District Champion.

Certified Trainer: There will be a certified trainer on duty during the meet. Remember to bring your medical kit. Also, athletes should bring water bottles. Water stations will be available.

Representation: 5A	<u>District</u>	<u>Ind. Events</u>	<u>Relays</u>
	I-II	3*	2
	III	9	4
	V-VI	3*	2

* Next best mark statewide will qualify for state

5A District III Track & Field Meet Schedule

Thursday, May 9th

4:30 PM- Field Events

Boys	Girls
Shot Put	Discus
Pole Vault	High Jump
Long Jump	Triple Jump

5:30 PM- 3200m Final

6:00 PM- Running Prelims (schedule)

100/110H
400m
100m
300H
200m

4X800 Relay (final)

Friday, May 10th

4:30 PM Field Events

Boys	Girls
Discus	Shot Put
High Jump	Pole Vault
Triple Jump	Long Jump

6:00 PM- Running Finals
(time schedule)

4 x 200 Relay
1600m

100/110H
400m

20 min. break

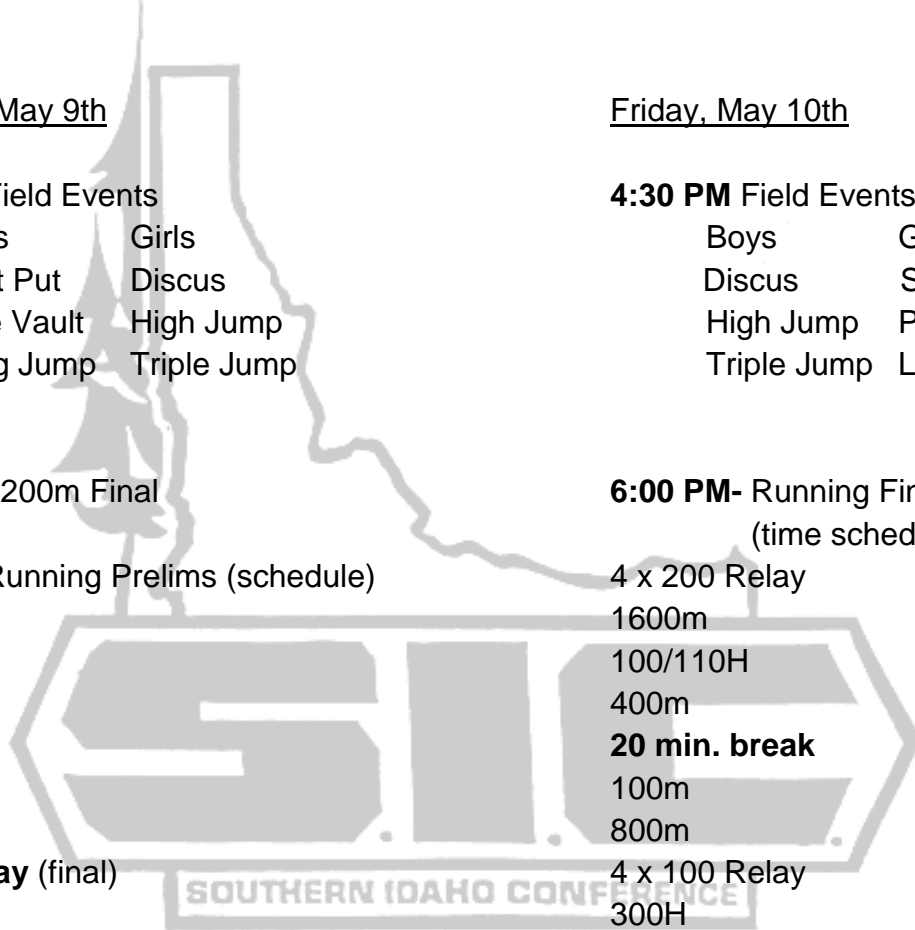
100m
800m

4 x 100 Relay
300H

200m

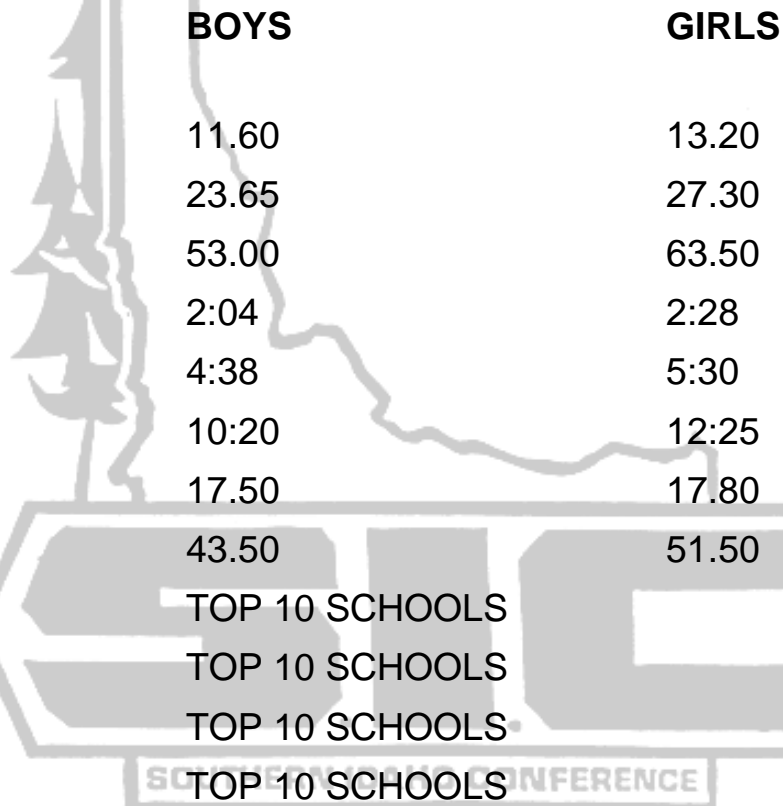
10 min. break

4 x 400 Relay



District Standards 2019

The following marks/distances will qualify you for the district meet.



EVENT	BOYS	GIRLS
100	11.60	13.20
200	23.65	27.30
400	53.00	63.50
800	2:04	2:28
1600	4:38	5:30
3200	10:20	12:25
100H/110H	17.50	17.80
300H	43.50	51.50
4 x 100 R	TOP 10 SCHOOLS	
4 x 200 R	TOP 10 SCHOOLS	
4 x 400 R	TOP 10 SCHOOLS	
4 x 800 R	TOP 10 SCHOOLS	
Shot Put	43'0"	30'0"
Discus	125'0"	90'0"
Pole Vault	11'0"	8'0"
High Jump	5'8"	4'8"
Long Jump	19'4"	15'0"
Triple Jump	39'0"	31'6"

FRIDAY TIME SCHEDULE

Event	Time
G 4 x 200 H1	6:00
G 4 x 200 H2	6:05
B 4 x 200 H1	6:10
B 4 x 200 H2	6:15
G 1600	6:20
B 1600	6:28
G 100H	6:36
B 110H	6:42
G 400	6:48
B 400	6:56

20 min break

G 100	7:18
B 100	7:24
G 800	7:30
B 800	7:36
B 800 EXH	7:42
G 4 x 100 H1	7:50
G 4 x 100 H2	7:54
B 4 x 100 H1	7:58
B 4 x 100 H2	8:02
G 300H	8:10
B 300H	8:16
G 200	8:22
B 200	8:28

10 min break

G 4 x 400 H1	8:40
G 4 x 400 H2	8:48
B 4 x 400 H1	8:56
B 4 x 400 H2	9:04

* Slower heats of relays will run first