

# JEFFCO LEAGUE TRACK & FIELD CHAMPIONSHIPS

## 4A & 5A – Wednesday, May 1, 2019 – Jeffco Stadium

**Meet Starts Sharply at 3:00pm**

**Prelims: Times are approximate**

<b><u>Starting Time</u></b>	<b><u>Event</u></b>	<b><u>Final/Prelim</u></b>
3:00	National Anthem	
3:05	4A Girls 800 Medley Relay	Finals*
3:10	5A Girls 800 Medley Relay	Finals*
3:15	4A Girls 4 x 800m Relay	Finals*
3:30	5A Girls 4 x 800m Relay	Finals*
3:40	4A Boys 4 x 800m Relay	Finals*
3:55	5A Boys 4 x 800m Relay	Finals*
4:10	4A Girls 100m Hurdles	Prelim
4:20	5A Girls 100m Hurdles	Prelim
4:35	4A Boys 110m Hurdles	Prelim
4:45	5A Boys 110m Hurdles	Prelim
4:55	4A Girls 100m Dash	Prelim
5:00	5A Girls 100m Dash	Prelim
5:10	4A Boys 100m Dash	Prelim
5:15	5A Boys 100m Dash	Prelim
5:25	4A Girls 400m Dash	Prelim
5:35	5A Girls 400m Dash	Prelim
5:45	4A Boys 400m Dash	Prelim
5:55	5A Boys 400m Dash	Prelim
6:05	4A Girls 300m Hurdles	Prelim
6:15	5A Girls 300m Hurdles	Prelim
6:25	4A Boys 300m Hurdles	Prelim
6:35	5A Boys 300m Hurdles	Prelim
6:45	4A Girls 3200m Run	Final*
7:00	5A Girls 3200m Run	Final*
7:15	4A Boys 3200m Run	Final*
7:30	5A Boys 3200m Run	Final*
7:45	4A Girls 200m Dash	Prelim
7:55	5A Girls 200m Dash	Prelim
8:05	4A Boys 200m Dash	Prelim
8:15	5A Boys 200m Dash	Prelim

**Field Events Are All Finals**

**Times are Approximate**

**3:05pm**

4A Girls	High Jump
5A Girls	Triple Jump
4A Boys	Long Jump
4A Boys	Pole Vault
4A Girls	Discus
5A Boys	Shot Put

**Immediately Following**

5A Girls	High Jump
4A Girls	Triple Jump
5A Boys	Long Jump
4A Girls	Pole Vault
5A Girls	Discus
4A Boys	Shot Put

# JEFFCO LEAGUE TRACK & FIELD CHAMPIONSHIPS

## 4A & 5A – Saturday, May 4, 2019 - Jeffco Stadium

**All Events Are Finals**

**Running Events- 10am/ Field Events- 9:15am (Times are approximate)**

<u>Start Time</u>	<u>Running Events</u>	<u>Field Events</u>
9:55	National Anthem	<b><u>9:15am</u></b>
10:00	4A Girls 100m Hurdles	4A Boys            High Jump
	5A Girls 100m Hurdles	5A Boys            Triple Jump
10:10	4A Boys 110m Hurdles	4A Girls           Long Jump
	5A Boys 110m Hurdles	5A Boys           Pole Vault
10:20	4A Girls 100m Dash	5A Boys           Discus
	5A Girls 100m Dash	4A Girls           Shot Put
10:25	4A Boys 100m Dash	
	5A Boys 100m Dash	
10:35	4A Girls 4 x 200m Relay	
	5A Girls 4 x 200m Relay	
10:45	4A Boys 4 x 200m Relay	
	5A Boys 4 x 200m Relay	
11:00	4A Girls 1600m Run	<b><u>Immediately Following</u></b>
	5A Girls 1600m Run	5A Boys           High Jump
11:20	4A Boys 1600m Run	4A Boys           Triple Jump
	5A Boys 1600m Run	5A Girls           Long Jump
11:45	4A Girls 4 x 100m Relay	5A Girls           Pole Vault
	5A Girls 4 x 100m Relay	4A Boys           Discus
11:50	4A Boys 4 x 100m Relay	5A Girls           Shot Put
	5A Boys 4 x 100m Relay	
12:00	4A Girls 400m Run	
	5A Girls 400m Run	
12:10	4A Boys 400m Run	
	5A Boys 400m Run	
12:20	4A Girls 300m Hurdles	
	5A Girls 300m Hurdles	
12:30	4A Boys 300m Hurdles	
	5A Boys 300m Hurdles	
12:40	4A Girls 800m Run	
	5A Girls 800m Run	
1:00	4A Boys 800m Run	
	5A Boys 800m Run	
1:20	4A Girls 200m Dash	
	5A Girls 200m Dash	
1:25	4A Boys 200m Dash	
	5A Boys 200m Dash	
1:30	<b>*COACHES MEETING</b>	
1:50	4A Girls 4 x 400m Relay	
	5A Girls 4 x 400m Relay	
2:05	4A Boys 4 x 400m Relay	
	5A Boys 4 x 400m Relay	