

# 2024 District Track & Field Meet

@ Ross High School

Wednesday May 15<sup>th</sup>

Field Events begin @ 4:00 pm

Running Events begin @ 6:00 pm

## Boys

Pole Vault  
Long Jump  
Discus

## Girls

Shot Put  
High Jump

1. Girls 4 x 800m Relay Finals
2. Boys 4 x 800m Relay Finals
3. Girls 100m 33 inch Hurdles Semis\*
4. Boys 110m 39 inch Hurdles Semis \*
5. Girls 100m Dash Semis \*
6. Boys 100m Dash Semis \*
7. Girls 4 x 200m Relay Semis \*
8. Boys 4 x 200m Relay Semis \*
9. Girls 1600m Run Semis (if necessary)
10. Boys 1600m Run Semis (if necessary)
11. Girls 4 x 100m Relay Semis (a) \*
12. Boys 4 x 100m Relay Semis (b) \*
13. Girls 400m Dash Semis \*
14. Boys 400m Dash Semis \*
15. Girls 300m 30 inch
16. Boys 300m 36 inch Hurdles Semis \*
17. Girls 800m Run Semis
18. Boys 800m Run Semis
19. Girls 200m Dash Semis \*
20. Boys 200m Dash Semis \*
21. Girls 3200m Run Semis (if necessary)
22. Boys 3200m Run Semis (if necessary)
23. Girls 4 x 400m Relay Semis (c) \*
24. Boys 4 x 400m Relay Semis (d) \*

\* Events that qualify the top 8 times to finals (advance by time only)

- (a) The first prelim heat of the girls 4 x 100m relay may begin no earlier than 15 minutes after the beginning of the first prelim heat of the girls 4 x 200m relay.
- (b) The first prelim heat of the boys 4 x 100m relay may begin no earlier than 15 minutes after the beginning of the first prelim heat of the boys 4 x 200m relay.
- (c) The first prelim heat of the girls 4 x 400m relay may begin no earlier than 20 minutes after the beginning of the first prelim heat of the girls 200m dash.
- (d) The first prelim heat of the boys 4 x 400m relay may begin no earlier than 20 minutes after the beginning of the first prelim heat of the boys 200m dash.

**Friday May 17<sup>th</sup>**  
**Field Events begin @ 4:00 pm**  
**Running Events begin @ 6:00 pm**

**Boys**  
Shot Put  
High Jump

**Girls**  
Discus  
Long Jump  
Pole Vault

- |     |                        |     |                        |
|-----|------------------------|-----|------------------------|
| 1.  | Girls 100m 33" Hurdles | 12. | Boys 400m Dash         |
| 2.  | Boys 110m 39" Hurdles  | 13. | Girls 300m 30" Hurdles |
| 3.  | Girls 100m Dash        | 14. | Boys 300m 36" Hurdles  |
| 4.  | Boys 100m Dash         | 15. | Girls 800m Run         |
| 5.  | Girls 4 x 200m Relay   | 16. | Boys 800m Run          |
| 6.  | Boys 4 x 200m Relay    | 17. | Girls 200m Dash        |
| 7.  | Girls 1600m Run        | 18. | Boys 200m Dash         |
| 8.  | Boys 1600m Run         | 19. | Girls 3200m Run        |
| 9.  | Girls 4 x 100m Relay   | 20. | Boys 3200m Run         |
| 10. | Boys 4 x 100m Relay    | 21. | Girls 4 x 400m Relay   |
| 11. | Girls 400m Dash        | 22. | Boys 4 x 400m Relay    |

All track events except the 800m, 1600m, 3200m runs and the 4x800 relay – the runners shall be assigned to the lanes based upon their seeded position using the following order:

Seed	Lane
1	4
2	5
3	6
4	3
5	2
6	7
7	8
8	1

(4 x 100, 4 x 200, 4 x 400)

- Fastest eight teams qualify to finals

**Flight assignments for field events:**

- All field event flight assignments are random per state regulations