2021 Division III Boys and Girls District Track Schedule at Northmont High School

**Tuesday, May 18**
Gates Open 3pm/Coaches Meeting 3:30 pm
Field Events begin at 4 pm
Boys – Discus, Pole Vault, Long Jump
Girls – High Jump, Shot Put

**Finals 4:30 pm**
Girls - 4 x 800 Relay & Boys - 4 x 800 Relay

**Semifinals**
Girls 100 M Hurdles 33” (8 fastest times to finals)
Boys 110 M Hurdles 39” (8 fastest times to finals)
Girls 100 M Dash (8 fastest times to finals)
Boys 100 M Dash (8 fastest times to finals)
Boys 4 x 200 M Relay (2 or 3 heats)
Boys 4 x 200 M Relay (2 or 3 heats)
Girls* 1600 M Run (2 heats)
Boys* 1600 M Run (2 heats)
Girls 4 x 100 M. Relay (2 or 3 heats)*
Boys 4 x 100 M. Relay (2 or 3 heats)*
Girls 400 M. Dash (4 or 5 heats)
Boys 400 M. Dash (4 or 5 heats)
Girls 300 M. Hurdles 30” (4 or 5 heats)
Boys 300 M. Hurdles 36” (4 or 5 heats)
Girls 800 M. Dash (2 heats)
Boys 800 M. Dash (2 heats)
Girls 200 M. Dash (8 fastest times)
Boys 200 M. Dash (8 fastest times)
Girls 3200 M. Run (2 heats)
Boys 3200 M. Run (2 heats)

**Saturday, May 22nd**
Gates Open 9:15 am/Coaches Meeting 8:45 am
Field Events begin at 10:00 am
Girls – Pole Vault, Discus, Long Jump
Boys – High Jump, Shot Put

**Finals 10 am**
Girls 100 M Hurdles 33” 11:00
Boys 110 M Hurdles 39” 11:05
Girls 100 M Dash 11:10
Boys 100 M Dash 11:12
Girls 4 x200 M Relay 11:15
Boys 4 x 200 M Relay 11:25
Girls 1600 Run 11:35
Boys 1600 Run 11:45
Girls 4 x 100 M Relay 11:55
Boys 4 x100 M Relay 12:00
Girls 400 M Dash 12:05
Boys 400 M Dash 12:10
Girls 300 M Hurdles 30” 12:15
Boys 300 M Hurdles 36” 12:20
Girls 800 M Dash 12:25
Boys 800 M Dash 12:30
Girls 200 M Dash 12:35
Boys 200 M Dash 12:40
Girls 3200 M Dash 12:45
Boys 3200 M Dash 1:00
Girls 4 x 400 Relay 1:15
Boys 4 x 400 Relay 1:25

*4x100 begins no earlier than 15 minutes after the 4 x 200.
**4 x 400 begins no earlier than 20 minutes after the 200 M Dash