

MODIFICATION
 WEST CENTRAL DISTRICT III 3A
 WEST CENTRAL DISTRICT III/SOUTHWEST DISTRICT IV 4A
 TRACK & FIELD CHAMPIONSHIPS
 Mount Tahoma Stadium, Tacoma

Friday, May 19, 2006

NOTE: Weigh in for throwing implements is two (2) hours before event start time.

Field Event Finals

4:00	Girls 3A	Shot Put
5:00	Girls 3A	High Jump
	Girls 3A	Long Jump
	Girls 3A	Discus Throw
	Boys 3A	Pole Vault
	Boys 3A	Long Jump
	Boys 3A	Shot Put
	Boys 3A	Javelin Throw
6:00	Boys 3A	Shot Put

Field Event Finals

2:00	Girls 4A	High Jump
	Girls 4A	Long Jump
	Girls 4A	Discus Throw
	Boys 4A	Pole Vault
	Boys 4A	Long Jump
	Boys 4A	Shot Put
	Boys 4A	Javelin Throw

Preliminaries

3:00	Boys 4A	110m High Hurdles
3:20	Girls 4A	100m High Hurdles
3:40	Boys 4A	100m Dash
3:55	Girls 4A	100m Dash
4:10	Boys 4A	800m Run
4:25	Girls 4A	800m Run
4:40	Boys 4A	4 x 100m Relay
4:55	Girls 4A	4 x 100m Relay
5:10	Boys 4A	400m Dash
5:25	Girls 4A	400m Dash
5:40	Boys 4A	300m Int. Hurdles
5:55	Girls 4A	300m Low Hurdles
6:10	Girls 4A	200m Dash
6:25	Boys 4A	200m Dash

Final

6:40	Boys 3A	3200m Run
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Final

6:55	Boys 4A	3200m Run
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Final

7:35	Girls 3A	3200m Run
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Preliminary

7:05	Girls 4A	4 x 200m Relay
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Final

7:20	Girls 4A	3200m Run
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Preliminaries

7:50	Boys 4A	4 x 400m Relay
8:10	Girls 4A	4 x 400m Relay

MODIFICATION
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Saturday, May 20, 2006

Running Event Finals

11:00	Boys 3A	110m High Hurdles
11:10	Boys 4A	110m High Hurdles
11:20	Girls 3A	100m High Hurdles
11:30	Girls 4A	100m High Hurdles
11:40	Boys 3A	100m Dash
11:45	Boys 4A	100m Dash
11:50	Girls 3A	100m Dash
11:55	Girls 4A	100m Dash
12:10	Boys 3A	1600m Run
12:20	Boys 4A	1600m Run
12:30	Boys 3A	4 x 100m Relay
12:35	Boys 4A	4 x 100m Relay
12:45	Girls 3A	1600m Run
12:55	Girls 4A	1600m Run
1:05	Girls 3A	4 x 100m Relay
1:10	Girls 4A	4 x 100m Relay
1:20	Boys 3A	400m Dash
1:25	Boys 4A	400m Dash
1:35	Girls 3A	400m Dash
1:40	Girls 4A	400m Dash
2:00	Boys 3A	300m Int. Hurdles
2:10	Boys 4A	300m Int. Hurdles
2:20	Girls 3A	300m Low Hurdles
2:30	Girls 4A	300m Low Hurdles
2:40	Boys 3A	800m Run
2:50	Boys 4A	800m Run
3:00	Girls 3A	800m Run
3:10	Girls 4A	800m Run
3:20	Girls 3A	200m Dash
3:25	Girls 4A	200m Dash
3:30	Boys 3A	200m Dash
3:35	Boys 4A	200m Dash
3:45	Girls 3A	4 x 200m Relay
3:50	Girls 4A	4 x 200m Relay
4:00	Boys 3A	4 x 400m Relay
4:10	Boys 4A	4 x 400m Relay
4:20	Girls 3A	4 x 400m Relay
4:30	Girls 4A	4 x 400m Relay

Field Event Finals

10:00	Boys 3A	High Jump
	Girls 4A	Pole Vault
	Girls 3A	Triple Jump
	Boys 4A	Triple Jump
	Girls 3A	Shot Put
	Boys 4A	Discus Throw
	Girls 4A	Javelin Throw
1:00	Boys 4A	High Jump
	Girls 3A	Pole Vault
	Girls 4A	Triple Jump
	Boys 3A	Triple Jump
	Girls 4A	Shot Put
	Boys 3A	Discus Throw
	Girls 3A	Javelin Throw

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