

# LAKE CONFERENCE TRACK & FIELD CHAMPIONSHIPS

Tuesday May 23, 2023

Hopkins High School (9-lane track)

## Qualifying Standards & Requirements

### **FIELD EVENTS – Session I: 3:30pm-5:15pm**

Prelims & Finals in Jumps & Throws - conducted in 3 flights of 9 competitors, with 9 advancing to finals

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| Girls High Jump<br>Girls Discus (Wheel Chair)<br>Girls Long Jump | Boys Pole Vault—Start 3:00pm<br>Boys Shot Put (Wheel Chair)<br>Boys Triple Jump |
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\*Athletes will need to check out of field events if they are competing in running events; however athletes may also elect to compete 'out of order' in flights to complete all of their attempts at once

### **Session II: 5:30pm-7:15pm**

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| Girls Pole Vault—30 minutes after Boys<br>Girls Shot Put (Wheel Chair)<br>Girls Triple Jump | Boys High Jump<br>Boys Discus (Wheel Chair)<br>Boys Long Jump |
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### **TRACK EVENTS**

- 4:00 Girls 4x800 Relay
- 4:13 Boys 4x800 Relay
- 4:25 Girls 100m HH (3 heats) Seeded Slow-Fast
- 4:40 Boys 110m HH (3 heats) Seeded Slow-Fast
- 4:50 Girls 100m (3 heats) Seeded Slow-Fast
- 5:00 Boys 100m (3 heats) Seeded Slow-Fast
- 5:10 (Boys and Girls 100 Wheel Chair)
- 5:15 Girls 4x200m Relay
- 5:20 Boys 4x200m Relay
- 5:30 Girls 1600m (2 heats) Seeded Slow-Fast
- 5:45 Boys 1600m (2 heats) Seeded Slow-Fast
- 5:55 (Boys and Girls 1600 Wheel Chair)
- 5:55 Girls 4x100m Relay
- 6:00 Boys 4x100m Relay
- 6:05 Girls 400m (3 Heats) Seeded Slow-Fast
- 6:15 Boys 400m (3 Heats) Seeded Slow-Fast
- 6:30 Girls 300m Low Hurdles (3 Heats) Seeded Slow-Fast
- 6:45 Boys 300m IM Hurdles (3 Heats) Seeded Slow-Fast
- 6:55 Girls 800m (3 heats) Seeded slow-fast
- 7:05 Boys 800m (3 heats) Seeded slow-fast
- (Boys and Girls 800m Wheel Chair)
- 7:15 Girls 200m (3 Heats) Seeded Slow-Fast
- 7:25 Boys 200m (3 Heats) Seeded Slow-Fast
- 7:35 Girls 3200m
- 7:50 Boys 3200m
- (Boys and Girls 3200 Wheel Chair)
- 8:05 Girls 4x400m Relay
- 8:15 Boys 4x400m Relay