

# LAKE CONFERENCE TRACK & FIELD CHAMPIONSHIPS

Tuesday May 21, 2024

STMA High School (9-lane track)

## Qualifying Standards & Requirements

### **FIELD EVENTS – Session I: 3:45pm-5:30pm**

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

Girls High Jump	Boys Pole Vault—Start 2:00pm
Girls Discus (Wheel Chair)	Boys Shot Put (Wheel Chair)
Girls Long Jump	Boys Triple Jump

\*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: 5:45pm-7:30pm**

Girls Pole Vault—30 minutes after Boys	Boys High Jump
Girls Shot Put (Wheel Chair)	Boys Discus (Wheel Chair)
Girls Triple Jump	Boys Long Jump

### **TRACK EVENTS**

4:00 Girls 4x800 Relay

4:13 Boys 4x800 Relay

4:25 Girls 100m HH (3 Sections) Seeded Slow-Fast

4:40 Boys 110m HH (3 Sections) Seeded Slow-Fast

4:50 Girls 100m (3 Sections) Seeded Slow-Fast

5:00 Boys 100m (3 Sections) Seeded Slow-Fast

5:10 Boys 100m Wheelchair

5:15 Girls 4x200m Relay

5:20 Boys 4x200m Relay

5:30 Girls 1600m (2 Sections) Seeded Slow-Fast

5:42 Boys 1600m (2 Sections) Seeded Slow-Fast

5:55 Girls 4x100m Relay

6:00 Boys 4x100m Relay

6:05 Girls 400m (3 Sections) Seeded Slow-Fast

6:15 Boys 400m (3 Sections) Seeded Slow-Fast

6:25 Boys 400m Wheelchair

6:35 Girls 300m Low Hurdles (3 Sections) Seeded Slow-Fast

6:50 Boys 300m IM Hurdles (3 Sections) Seeded Slow-Fast

7:00 Girls 800m (3 Sections) Seeded Slow-Fast

7:10 Boys 800m (3 Sections) Seeded Slow-Fast

7:20 Girls 200m (3 Sections) Seeded Slow-Fast

7:30 Boys 200m (3 Sections) Seeded Slow-Fast

7:40 Boys 200m Wheelchair

7:45 Girls 3200m

8:00 Boys 3200m

8:13 Boys 3200 Wheelchair

8:25 Girls 4x400m Relay

8:30 Boys 4x400m Relay