

2016 DFAL Track & Field Championships

DETAILED RUNNING EVENT SCHEDULE

Athletes must check in by the published "check in" time for their event or they will be scratched from competition.

VARSITY TRIALS, TUESDAY, MAY 10

Check-in	Walk-in	Start	Event
4:45	4:57	5:00	Girls 1600 Meter Run (2 heats of 12, 16 min total)
5:01	5:13	5:16	Boys 1600 Meter Run (2 heats of 12, 16 min total)
5:17	5:29	5:32	Girls 100 Meter Hurdles (3 heats, 12 min total)
5:29	5:41	5:44	Boys 110 Meter Hurdles (3 heats, 12 min total)
5:41	5:53	5:56	Girls 400 Meter Dash (3 heats, 8 min total)
5:49	6:01	6:04	Boys 400 Meter Dash (3 heats, 12 min total)
6:01	6:13	6:16	Girls 100 Meter Dash (3 heats, 12 min total)
6:13	6:25	6:28	Boys 100 Meter Dash (3 heats, 12 min total)
6:25	6:37	6:40	Girls 800 Meter Run (2 heats, 10 min total)
6:35	6:47	6:50	Boys 800 Meter Run (2 heats, 10 min total)
6:45	6:57	7:00	Girls 300 Meter Hurdles (3 heats, 12 min total)
6:57	7:09	7:12	Boys 300 Meter Hurdles (3 heats, 12 min total)
7:09	7:20	7:24	Girls 200 Meter Dash (3 heats, 12 min total)
7:21	7:33	7:36	Boys 200 Meter Dash (3 heats, 12 min total)

FROSH SOPH, THURSDAY, MAY 12

Check-in	Walk-in	Start	Event
3:45	3:57	4:00	Girls 4x100 Meter Relay (1 heat, 5 min total)
3:50	4:03	4:05	Boys 4x100 Meter Relay (1 heat, 5 min total)
3:55	4:07	4:10	Girls 1600 Meter Run (2 heats, 16 min total)
4:11	4:23	4:26	Boys 1600 Meter Run (2 heats, 16 min total)
4:27	4:39	4:42	Girls 100 Meter Hurdles (3 heats, 12 min total)
4:39	4:51	4:54	Boys 110 Meter Hurdles (1 heat, 4 min total)
4:43	4:55	4:58	Girls 400 Meter Dash (3 heats, 12 min total)
4:55	5:07	5:10	Boys 400 Meter Dash (3 heats, 12 min total)
5:07	5:19	5:22	Girls 100 Meter Dash (3 heats, 12 min total)
5:19	5:31	5:34	Boys 100 Meter Dash (3 heats, 12 min total)
5:31	5:43	5:46	Girls 800 Meter Run (2 heats, 10 min total)
5:41	5:53	5:56	Boys 800 Meter Run (2 heats, 10 min total)
5:51	6:03	6:06	Girls 300 Meter Hurdles (2 heats, 8 min total)
5:59	6:11	6:14	Boys 300 Meter Hurdles (1 heat, 4 min total)
6:03	6:15	6:18	Girls 200 Meter Dash (3 heats, 12 min total)
6:15	6:27	6:30	Boys 200 Meter Dash (3 heats, 12 min total)
6:27	6:39	6:42	Girls 3200 Meter Run (1 heat, 16 min total)
6:43	6:55	6:58	Boys 3200 Meter Run (1 heat, 14 min total)
6:57	7:09	7:12	Girls 4x400 Meter Relay (1 heat, 8 min total)
7:05	7:17	7:20	Boys 4x400 Meter Relay (1 heat, 8 min total)

VARSIY FINALS, FRIDAY, MAY 13

Check-in	Walk-in	Start	Event
4:45	4:57	5:00	Girls UNITED 4x100 Meter Relay (8 min total)
4:53	5:05	5:08	Boys UNITED 4x100 Meter Relay (8 min total)
5:01	5:13	5:16	Girls 4x100 Meter Relay (8 min total)
5:09	5:21	5:24	Boys 4x100 Meter Relay (8 min total)
5:15	5:27	5:30	Girls 1600 Meter Run (10 min total)
5:25	5:37	5:40	Boys 1600 Meter Run (10 min total)
5:35	5:47	5:50	Girls 100 Meter Hurdles (7 min total)
5:42	5:54	5:57	Boys 110 Meter Hurdles (7 min total)
5:49	6:01	6:04	Girls 400 Meter Dash (7 min total)
6:04	6:08	6:11	Boys 400 Meter Dash (7 min total)
6:03	6:15	6:18	Girls UNITED 100 Meter Dash (7 min total)
6:10	6:22	6:25	Boys UNITED 100 Meter Dash (7 min total)
6:19	6:31	6:34	Girls 100 Meter Dash (7 min total)
6:24	6:36	6:39	Boys 100 Meter Dash (7 min total)
6:31	6:43	6:46	Girls 800 Meter Run (7 min total)
6:38	6:50	6:53	Boys 800 Meter Run (7 min total)
6:45	6:57	7:00	Girls 300 Meter Hurdles (7 min total)
6:52	7:04	7:07	Boys 300 Meter Hurdles (7 min total)
6:59	7:11	7:14	Girls 200 Meter Dash (7 min total)
7:06	7:18	7:21	Boys 200 Meter Dash (7 min total)
7:13	7:25	7:28	Girls 3200 Meter Run (16 min total)
7:29	7:41	7:44	Boys 3200 Meter Run (14 min total)
7:43	7:55	7:58	Girls 4x400 Meter Relay (10 min total)
7:53	8:06	8:08	Boys 4x400 Meter Relay (10 min total)

DETAILED FIELD EVENT SCHEDULE:

Athletes must check in by the published start time for their event or they will be scratched from competition.

Tuesday, May 10 • Varsity Championship Trials

Field Events: 4:30pm

Triple Jump –4:30 VG
Triple Jump –4:30 VB
High Jump –4:30 VG
Pole Vault –4:30 VB
Shot Put –4:30 VB
Discus –4:30 VG

Thursday, May 12 • Frosh Soph Championships

Field Events: 4:00pm / 5:30pm

Long Jump –4:00 FSG / 5:30 FSB
Triple Jump –4:00 FSB / 5:30 FSG
High Jump –4:00 FSG / 5:30 FSB
Pole Vault –4:00 FSB / 5:30 FSG
Shot Put –4:00 FSG / 5:30 FSB
Discus –4:00 FSB / 5:30 FSG

Friday, May 13 • Varsity Championship Finals

Field Events: 4:30pm

Long Jump –4:30 VG
Long Jump –4:30 VB
High Jump –4:30 VB
Pole Vault –4:30 VG
Shot Put –4:30 VG
Discus –4:30 VB