

WEST CENTRAL DISTRICT III/SOUTHWEST DISTRICT IV 3A  
WEST CENTRAL DISTRICT III 2A & 4A  
TRACK & FIELD CHAMPIONSHIPS  
Mount Tahoma Stadium, Tacoma

Friday, May 21, 2010

| <b>Class.</b> | <b>Running Events</b>     | <b>Time</b> |
|---------------|---------------------------|-------------|
| 3A            | Girls 4x200 Relay         | 11:15       |
| 4A            | Girls 4x200 Relay         | 11:30       |
| 3A            | Boys 110m High Hurdles    | 11:50       |
| 4A            | Boys 110m High Hurdles    | 12:00       |
| 3A            | Girls 100m High Hurdles   | 12:15       |
| 4A            | Girls 100m High Hurdles   | 12:25       |
|               | Combined Wheelchair 3200m | 12:40       |
| 3A            | Boys 100m Dash            | 1:00        |
| 4A            | Boys 100m Dash            | 1:10        |
| 3A            | Girls 100m Dash           | 1:20        |
| 4A            | Girls 100m Dash           | 1:30        |
| 3A            | Boys 800m Run             | 1:40        |
| 4A            | Boys 800m Run             | 1:50        |
| 3A            | Girls 800m Run            | 2:00        |
| 4A            | Girls 800m Run            | 2:10        |
| 3A            | Boys 300m Int. Hurdles    | 2:25        |
| 4A            | Boys 300m Int. Hurdles    | 2:35        |
| 3A            | Girls 300m Low Hurdles    | 2:50        |
| 4A            | Girls 300m Low Hurdles    | 3:00        |
| 3A            | Boys 4x100 Relay          | 3:15        |
| 4A            | Boys 4x100 Relay          | 3:30        |
| 3A            | Girls 4x100 Relay         | 3:45        |
| 4A            | Girls 4x100 Relay         | 4:00        |
|               | Combined Wheelchair 400m  | 4:25        |
| <b>2A</b>     | <b>Boys 3200m Run</b>     | 4:35        |
| <b>2A</b>     | <b>Girls 3200m Run</b>    | 4:50        |
| 3A            | Boys 400m Dash            | 5:05        |
| 4A            | Boys 400m Dash            | 5:15        |
| 3A            | Girls 400m Dash           | 5:25        |
| 4A            | Girls 400m Dash           | 5:35        |
| 3A            | Boys 3200m Run            | 5:45        |
| 4A            | Boys 3200m Run            | 6:00        |
|               | Combined Wheelchair 200m  | 6:15        |
| 3A            | Boys 200m Dash            | 6:20        |
| 4A            | Boys 200m Dash            | 6:30        |
| 3A            | Girls 200m Dash           | 6:40        |
| 4A            | Girls 200m Dash           | 6:50        |
| 3A            | Girls 3200m Run           | 7:00        |
| 4A            | Girls 3200m Run           | 7:15        |
| 3A            | Boys 4x400m Relay         | 7:30        |
| 4A            | Boys 4x400m Relay         | 7:45        |
| 3A            | Girls 4x400m Relay        | 8:00        |
|               |                           |             |
| <b>Class.</b> | <b>Running Events</b>     | <b>Time</b> |

| 4A           | Girls 4x400m Relay                  | 8:15        |              |
|--------------|-------------------------------------|-------------|--------------|
|              |                                     |             |              |
| <b>Class</b> | <b>Field Events</b>                 | <b>Time</b> |              |
| 3A           | Boys Pole Vault                     | 10:45       | <b>Final</b> |
| 3A           | Girls Discus                        | 11:00       | <b>Final</b> |
| 3A           | Girls High Jump                     | 11:00       | <b>Final</b> |
| 2A           | Girls Javelin                       | 11:05       | <b>Final</b> |
| 4A           | Girls Triple Jump                   | 11:05       | <b>Final</b> |
| 2A           | Boys Long Jump                      | 11:05       | <b>Final</b> |
| 4A           | Boys Shot Put                       | 11:10       | <b>Final</b> |
|              |                                     |             |              |
| 2A           | Girls Pole Vault                    | 1:30        | <b>Final</b> |
| 3A           | Boys Discus                         | 1:30        | <b>Final</b> |
| 2A           | Boys Javelin                        | 1:35        | <b>Final</b> |
| 2A           | Boys High Jump                      | 1:35        | <b>Final</b> |
| 3A           | Girls Triple Jump                   | 1:40        | <b>Final</b> |
| 4A           | Boys Triple Jump                    | 1:40        | <b>Final</b> |
| 4A           | Girls Shot Put                      | 1:40        | <b>Final</b> |
|              |                                     |             |              |
| 3A           | Girls Javelin                       | 4:15        | <b>Final</b> |
| 2A           | Girls High Jump                     | 4:15        | <b>Final</b> |
| 2A           | Girls Triple Jump                   | 4:20        | <b>Final</b> |
| 3A           | Boys Long Jump                      | 4:20        | <b>Final</b> |
| 4A           | Boys Discus                         | 4:20        | <b>Final</b> |
| 2A           | Boys Shot Put                       | 4:25        | <b>Final</b> |
| 2A           | Boys Pole Vault                     | 4:30        | <b>Final</b> |
|              |                                     |             |              |
|              | <b>Combined WheelChair Shot Put</b> | <b>6:00</b> | <b>Final</b> |

WEST CENTRAL DISTRICT III/SOUTHWEST DISTRICT IV 3A  
 WEST CENTRAL DISTRICT III 2A & 4A  
 TRACK & FIELD CHAMPIONSHIPS  
 Mount Tahoma Stadium, Tacoma

Saturday, May 22, 2010

| Class. | Running Events                 | Time  |
|--------|--------------------------------|-------|
| 2A     | <b>4x200 Relay</b>             | 10:30 |
| 3A     | 4x200m Relay                   | 10:40 |
| 4A     | 4x200m Relay                   | 10:50 |
|        | Combines Wheelchair 800m       | 11:00 |
| 2A     | <b>Boys 800m Run</b>           | 11:10 |
| 3A     | Boys 800m Run                  | 11:20 |
| 4A     | Boys 800m Run                  | 11:30 |
| 2A     | <b>Girls 800m Run</b>          | 11:40 |
| 3A     | Girls 800m Run                 | 11:50 |
| 4A     | Girls 800m Run                 | 12:00 |
| 2A     | <b>Boys 300m Int. Hurdles</b>  | 12:20 |
| 3A     | Boys 300m Int. Hurdles         | 12:25 |
| 4A     | Boys 300m Int. Hurdles         | 12:30 |
| 2A     | <b>Girls 300m Low Hurdles</b>  | 12:40 |
| 3A     | Girls 300m Low Hurdles         | 12:45 |
| 4A     | Girls 300m Low Hurdles         | 12:50 |
|        | Combined Wheelchair 100m       | 1:00  |
| 2A     | <b>Boys 100m Dash</b>          | 1:05  |
| 3A     | Boys 100m Dash                 | 1:10  |
| 4A     | Boys 100m Dash                 | 1:15  |
| 2A     | <b>Girls 100m Dash</b>         | 1:20  |
| 3A     | Girls 100m Dash                | 1:25  |
| 4A     | Girls 100m Dash                | 1:30  |
| 2A     | <b>Boys 1600m Run</b>          | 1:35  |
| 2A     | <b>Girls 1600m Run</b>         | 1:45  |
| 2A     | <b>Boys 4x100m Relay</b>       | 1:55  |
| 3A     | Boys 4x100m Relay              | 2:00  |
| 4A     | Boys 4x100m Relay              | 2:05  |
| 2A     | <b>Girls 4x100m Relay</b>      | 2:10  |
| 3A     | Girls 4x100m Relay             | 2:15  |
| 4A     | Girls 4x100m Relay             | 2:20  |
| 3A     | Boys 1600m Run                 | 2:35  |
| 3A     | Girls 1600m Run                | 2:45  |
| 2A     | <b>Boys 400m Dash</b>          | 2:55  |
| 3A     | Boys 400m Dash                 | 3:00  |
| 4A     | Boys 400m Dash                 | 3:05  |
| 2A     | <b>Girls 400m Dash</b>         | 3:10  |
| 3A     | Girls 400m Dash                | 3:15  |
| 4A     | Girls 400m Dash                | 3:20  |
| 4A     | Boys 1600m Run                 | 3:25  |
| 4A     | Girls 1600m Run                | 3:35  |
| 2A     | <b>Boys 110m High Hurdles</b>  | 3:50  |
| 3A     | Boys 110m High Hurdles         | 3:55  |
| 4A     | Boys 110m High Hurdles         | 4:00  |
| Class. | Running Events                 | Time  |
| 2A     | <b>Girls 100m High Hurdles</b> | 4:10  |

| 3A    | Girls 100m High Hurdles            | 4:15        |              |
|-------|------------------------------------|-------------|--------------|
| 4A    | Girls 100m High Hurdles            | 4:20        |              |
| 2A    | <b>Boys 200m Dash</b>              | 4:30        |              |
| 3A    | Boys 200m Dash                     | 4:35        |              |
| 4A    | Boys 200m Dash                     | 4:40        |              |
| 2A    | <b>Girls 200m Dash</b>             | 4:45        |              |
| 3A    | Girls 200m Dash                    | 4:50        |              |
| 4A    | Girls 200m Dash                    | 4:55        |              |
|       | Combined Wheelchair 1600m          | 5:00        |              |
| 2A    | <b>Boys 4x400m Relay</b>           | 5:20        |              |
| 3A    | Boys 4x400m Relay                  | 5:25        |              |
| 4A    | Boys 4x400m Relay                  | 5:30        |              |
| 2A    | <b>Girls 4x400m Relay</b>          | 5:35        |              |
| 3A    | Girls 4x400m Relay                 | 5:40        |              |
| 4A    | Girls 4x400m Relay                 | 5:45        |              |
|       |                                    |             |              |
| Class | Field Events                       | Time        |              |
| 4A    | Boys Pole Vault                    | 9:30        | <b>Final</b> |
| 4A    | Girls Discus                       | 10:00       | <b>Final</b> |
| 4A    | Boys High Jump                     | 10:00       | <b>Final</b> |
| 4A    | Girls Long Jump                    | 10:05       | <b>Final</b> |
| 2A    | Boys Triple Jump                   | 10:05       | <b>Final</b> |
| 3A    | Boys Javelin                       | 10:05       | <b>Final</b> |
| 2A    | Girls Shot Put                     | 10:10       | <b>Final</b> |
|       |                                    |             |              |
| 3A    | Girls Pole Vault                   | 12:15       | <b>Final</b> |
| 2A    | Boys Discus                        | 12:30       | <b>Final</b> |
| 4A    | Girls High Jump                    | 12:30       | <b>Final</b> |
| 4A    | Boys Javelin                       | 12:35       | <b>Final</b> |
| 2A    | Girls Long Jump                    | 12:35       | <b>Final</b> |
| 3A    | Boys Triple Jump                   | 12:35       | <b>Final</b> |
| 3A    | Girls Shot Put                     | 12:40       | <b>Final</b> |
|       |                                    |             |              |
| 4A    | Girls Pole Vault                   | 3:00        | <b>Final</b> |
| 2A    | Girls Discus                       | 3:00        | <b>Final</b> |
| 3A    | Boys High Jump                     | 3:05        | <b>Final</b> |
| 4A    | Girls Javelin                      | 3:05        | <b>Final</b> |
| 3A    | Boys Shot Put                      | 3:10        | <b>Final</b> |
| 3A    | Girls Long Jump                    | 3:10        | <b>Final</b> |
| 4A    | Boys Long Jump                     | 3:10        | <b>Final</b> |
|       |                                    |             |              |
|       | <b>Combined WheelChair Discus</b>  | <b>4:15</b> | <b>Final</b> |
|       | <b>Combined WheelChair Javelin</b> | <b>5:00</b> | <b>Final</b> |