

2019 NDHSAA STATE TRACK MEET SCHEDULE

FRIDAY, May 24	PRELIMS AND FINALS	CENTRAL CASS ATHLETES
9:30 AM	National Anthem	
9:45 AM	300 Meter Hurdles – Prelims	Braeden (H2)
9:45AM	B Boys Long Jump	Will (F3)
9:45AM	B Girls Pole Vault	
10:30 AM	4 x 200 Meter Relay – Prelims	Girls (H3), Boys (H2)
11:30 AM	1600 Meter Run – Final	
11:45 AM	B Boys Discus	Nick (F3)
12:30 PM	100 Meter Dash – Prelims	Elise (H2), Decontee (H3), Junior (H1), Wes (H3)
1:15 PM	400 Meter Dash – Prelims	Decontee (H1), Braeden (H2)
1:45 PM	B Girls Long Jump	Mayzee (F1), Kylie (F2)
1:45PM	B Boys Pole Vault	Kaden
2:00 PM	High Hurdles – Prelims	KaliRae (H2)
2:45 PM	200 Meter Dash – Prelims	Elise (H2)
3:30 PM	Class A 4 X 800 Meter Relay – Final	
3:45 PM	B Girls Discus	
4:15 PM	4 x 100 Meter Relay – Prelims	Girls (H3), Boys (H2)
5:00 PM	Class B 4 X 800 Meter Relay – Final	

NOTE: Running events to be run in this order: B Girls, A Girls, B Boys, A Boys

H = Heat #; F = Flight #

2019 NDHSAA STATE TRACK MEET SCHEDULE

Saturday, May 25	PRELIMS AND FINALS	CENTRAL CASS ATHLETES
8:45 AM	National Anthem	
9:00 AM	B Boys Shot Put	
9:00 AM	B Girls Triple Jump	Kylie (F2), Mayzee (F3)
11:00 AM	300 Meter Hurdles	FINALS: Braeden
11:00 AM	B Boys Javelin	
11:00 AM	B Girls High Jump	
11:30 AM	4 x 200 Meter Relay	FINALS: Girls, Boys
12 NOON	3200 Meter Run	
1:00 PM	100 Meter Dash	FINALS: Elise, Deontee, Wes, Junior
1:00 PM	B Girls Shot Put	
1:00 PM	B Boys Triple Jump	
1:30 PM	400 Meter Dash	FINALS: Deontee, Braeden
2:00 PM	High Hurdles	FINALS: KaliRae
2:30 PM	200 Meter Dash	FINALS: Elise
3:00 PM	800 Meter Run	Abby (H1)
3:00 PM	B Girls Javelin	Morgan (F1)
3:00 PM	B Boys High Jump	Rafa
3:30 PM	4 x 100 Meter Relay	FINALS: Girls, Boys
4:00 PM	4 X 400 Meter Relay	Girls (H2), Boys (H3)

NOTE: Running events to be run in this order: B Girls, A Girls, B Boys, A Boys

H = Heat #; F = Flight #