

**CLASS 3, DISTRICT 5 MEET
ZIZZER STADIUM-WEST PLAINS, MO
HOSTED BY WILLOW SPRINGS HIGH SCHOOL
MAY 14, 2022**

8:30-9:30 AM Implement Weigh-in

9:00 AM Coaches Meeting

Field Events-Horizontal Jumps & Throws will be prelims then finals.

10:00 AM

Shot Put (B)
Triple Jump (G)
Pole Vault (G)
Javelin (G)
High Jump (B)

12:00 PM

Javelin (B)
Discus (G)
Triple Jump (B)
Long Jump (G)

2:00 PM

Discus (B)
Shot Put (G)
Pole Vault (B)
High Jump (G)
Long Jump (B)

Running Events

10:45 AM	Boys	110m Hurdles	Prelim
10:55	Girls	100m Hurdles	Prelim
11:05	Boys	100m Dash	Prelim
11:15	Girls	100m Dash	Prelim
11:25	Boys	4x800m Relay	Final (Box Alley Start)
11:40	Girls	4x800m Relay	Final (Box Alley Start)
11:55	Boys	200m Dash	Prelim
12:00 PM	Girls	200m Dash	Prelim
12:30	Boys	100m Hurdles	Final
12:35	Girls	110m Hurdles	Final
12:40	Boys	100m Dash	Final
12:45	Girls	100m Dash	Final
12:50	Boys	4x200m Relay	Final (Heats v. Time)
1:00	Girls	4x200m Relay	Final (Heats v. Time)
1:10	Boys	1600m Run	Final (Box Alley Start)
1:20	Girls	1600m Run	Final (Box Alley Start)
1:25	Boys	4x100m Relay	Final (Heats v. Time)
1:35	Girls	4x100m Relay	Final (Heats v. Time)
1:45	Boys	400m Dash	Final (Heats v. Time)
1:55	Girls	400m Dash	Final (Heats v. Time)
2:10	Boys	300m Hurdles	Final (Heats v. Time)
2:25	Girls	300m Hurdles	Final (Heats v. Time)
2:40	Boys	800m Run	Final (Box Alley Start)
2:55	Girls	800m Run	Final (Box Alley Start)
3:10	Boys	200m Dash	Final
3:15	Girls	200m Dash	Final
3:20	Boys	3200m Run	Final (Box Alley Start)
3:35	Girls	3200m Run	Final (Box Alley Start)
3:50	Boys	4x400m Relay	Final (3-Turn Stagger, Heats v. Time)
4:00	Girls	4x400m Relay	Final (3-Turn Stagger, Heats v. Time)