

2019 CAPITAL VALLEY CONFERENCE TRACK AND FIELD PRELIMS - Schedule of Events

Wednesday, May 1

ORDER OF PRELIM TRACK EVENTS

Beginning at 2:00 PM

<u>Event No.</u>	<u>Event</u>
1.	100 Meter Hurdles - Frosh/Soph Girls' (33")
2.	100 Meter Hurdles - Varsity Girls' (33")
3.	110 Meter Int. Hurdles - Frosh/Soph Boys' (36")
4.	110 Meter High Hurdles - Varsity Boys' (39")
5.	400 Meters - Frosh/Soph Girls'
6.	400 Meters - Frosh/Soph Boys'
7.	400 Meters - Varsity Girls'
8.	400 Meters - Varsity Boys'
9.	100 Meters - Frosh/Soph Girls'
10.	100 Meters - Frosh/Soph Boys'
11.	100 Meters - Varsity Girls'
12.	100 Meters - Varsity Boys'
13.	300 Meter Low Hurdles - Frosh/Soph Girls' (30")
14.	300 Meter Low Hurdles - Varsity Girls' (30")
15.	300 Meter Low Hurdles - Frosh/Soph Boys' (33")
16.	300 Meter Int. Hurdles - Varsity Boys' (36")
17.	800 Meters Frosh/Soph Girls'
18.	800 Meters Frosh/Soph Boys'
19.	800 Meters - Varsity Girls'
20.	800 Meters - Varsity Boys'
21.	200 Meters - Frosh/Soph Girls'
22.	200 Meters - Frosh/Soph Boys'
23.	200 Meters - Varsity Girls'
24.	200 Meters - Varsity Boys'
25.	3200 Meters - Frosh/Soph Girls'
26.	3200 Meters - Frosh/Soph Boys'

ORDER OF FIELD EVENTS

Beginning at 2:00 PM

<u>Event</u>	<u>Time</u>
Long Jump	
Varsity Boys'	2:00 PM
Varsity Girls'	After VB
Triple Jump	
Frosh/Soph Girls'	2:00 PM
Frosh/Soph Boys'	After FSG
High Jump	
Frosh/Soph Boys'	2:00 PM
Frosh/Soph Girls'	After FSB
Pole Vault	
Varsity Girls'	2:00 PM
Varsity Boys'	After VG
Shot Put	
Varsity Boys'	2:00 PM
Varsity Girls'	After VB
Discus	
Frosh/Soph Girls'	2:00 PM
Frosh/Soph Boys'	After FSG

All of the above field events will conduct trials and finals on **May 1**

2019 CAPITAL VALLEY CONFERENCE TRACK AND FIELD FINALS - Schedule of Events

Friday, May 3

ORDER OF FINALS TRACK EVENTS

Beginning at 4:00 PM

<u>Event No.</u>	<u>Event</u>	<u>Time</u>
1.	100 Meter Hurdles - Frosh/Soph Girls (33")	4:00
2.	100 Meter Hurdles - Varsity Girls (33")	4:03
3.	110 Meter Int. Hurdles - Frosh/Soph Boys (36")	4:08
4.	110 Meter High Hurdles - Varsity Boys (39")	4:11
5.	1600 Meters - Frosh/Soph Girls	4:16
6.	1600 Meters - Frosh/Soph Boys	4:36
7.	400 Meter Relay - Frosh/Soph Girls	5:06
8.	400 Meter Relay - Frosh/Soph Boys	5:11
9.	400 Meter Relay - Varsity Girls	5:16
10.	400 Meter Relay - Varsity Boys	5:21
11.	1600 Meters - Varsity Girls	5:26
12.	1600 Meters - Varsity Boys	5:46
13.	400 Meters - Frosh/Soph Girls	6:01
14.	400 Meters - Frosh/Soph Boys	6:05
15.	400 Meters - Varsity Girls	6:09
16.	400 Meters - Varsity Boys	6:13
17.	100 Meters - Frosh/Soph Girls	6:17
18.	100 Meters - Frosh/Soph Boys	6:20
19.	100 Meters - Varsity Girls	6:23
20.	100 Meters - Varsity Boys	6:27
21.	300 Meter Low Hurdles - Frosh/Soph Girls (30")	6:30
22.	300 Meter Low Hurdles - Varsity Girls (30")	6:34
23.	300 Meter Low Hurdles - Frosh/Soph Boys (33")	6:38
24.	300 Meter Int. Hurdles - Varsity Boys (36")	6:42
25.	800 Meters Frosh/Soph Girls	6:46
26.	800 Meters Frosh/Soph Boys	6:51
27.	800 Meters - Varsity Girls	6:56
28.	800 Meters - Varsity Boys	7:01
29.	200 Meters - Frosh/Soph Girls	7:06
30.	200 Meters - Frosh/Soph Boys	7:09
31.	200 Meters - Varsity Girls	7:12
32.	200 Meters - Varsity Boys	7:15
33.	3200 Meters - Varsity Girls	7:18
34.	3200 Meters - Varsity Boys	7:48
35.	1600 Meter Relay - Frosh/Soph Girls	8:03
36.	1600 Meter Relay - Frosh/Soph Boys	8:11
37.	1600 Meter Relay - Varsity Girls	8:19
38.	1600 Meter Relay - Varsity Boys	8:27

ORDER OF FIELD EVENTS

Beginning at 2:00 PM

<u>Event</u>	<u>Time</u>
Long Jump	
Frosh/Soph Boys	2:00 PM
Frosh/Soph Girls	After FSB
Triple Jump	
Varsity Boys	2:00 PM
Varsity Girls	After VB
High Jump	
Varsity Girls	2:00 PM
Varsity Boys	After VG
Pole Vault	
Frosh/Soph Girls	2:00 PM
Frosh/Soph Boys	After FSG
Shot Put	
Frosh/Soph Boys	2:00 PM
Frosh/Soph Girls	After FSB
Discus	
Varsity Boys	2:00 PM
Varsity Girls	After VB

All of the above field events will conduct trials and finals on **May 3**