



**OHSAA Junior High  
Boys & Girls Track & Field Championships  
Lancaster High School  
May 11, 2019**

**Field Events:**

- 9:30 AM Boys and Girls High Jump Finals competed simultaneously at separate pits  
Boys and Girls Pole Vault Finals competed simultaneously at separate pits  
Boys and Girls Long Jump Preliminaries & Finals completed simultaneously at separate pits  
Boys Shot Put Preliminaries & Finals  
Girls Discus Preliminaries & Finals
- 11:00 AM Seated Boys and Girls Shot Put Preliminaries and Finals competed simultaneously at same circle
- 11:45 Boys Discus Preliminaries and Finals  
Girls Shot Put Preliminaries and Finals

**Track Events:**

- 11:25 AM Welcoming Address and National Anthem
- All Races are Timed Finals
- |           |                          |                   |
|-----------|--------------------------|-------------------|
| 11:30     | Girls 100M Hurdles       | 3 Heats           |
| 11:43     | Boys 110M Hurdles        | 3 Heats           |
| 11:54     | Girls 100M Dash          | 3 Heats           |
| 12:04     | Boys 100M Dash           | 3 Heats           |
| 12:14     | Boys & Girls 100M Dash   | Seated & Combined |
| 12:19     | Girls 1600M Run          | 1 Section         |
| 12:27     | Boys 1600M Run           | 1 Section         |
| 12:36     | Girls 4 X 100M Relay     | 3 Heats           |
| 12:57     | Boys 4 X 100M Relay      | 3 Heats           |
| 1:20      | Girls 400M Dash          | 3 Heats           |
| 1:32      | Boys 400M Dash           | 3 Heats           |
| 1:44      | Girls & Boys 400M Dash   | Seated & Combined |
| 1:50      | Girls 4 X 200M Relay     | 3 Heats           |
| 2:11      | Boys 4 X 200M Relay      | 3 Heats           |
| 2:33      | Girls 200M Hurdles       | 3 Heats           |
| 2:42      | Boys 200M Hurdles        | 3 Heats           |
| 2:52      | Girls 800M Run           | 2 Sections (12)   |
| 3:00      | Boys 800M Run            | 2 Sections (12)   |
| 3:09      | Girls 200M Dash          | 3 Heats           |
| 3:18      | Boys 200M Dash           | 3 Heats           |
| 3:28      | Girls 4 X 400M Relay     | 3 Heats           |
| 3:43      | Boys 4 X 400M Relay      | 3 Heats           |
| 4:00-4:15 | Boys & Girls Team Awards |                   |