

5A/6A VHSL STATE INDOOR TRACK CHAMPIONSHIPS

Friday (REVISED)

Facility opens 7:30am

Coaches - Packet Pick-up

Field Events:

9:00 am

(REVISED)

Pit 1: 6A Boys High Jump
5A Boys High Jump

Pit 2: 5A Girls High Jump
6A Girls High Jump

5A Boys Triple Jump, 6A Boys Triple Jump, 5A Girls Triple Jump, 6A Girls Triple Jump*

6A Boys Shot Put, 5A Boys Shot Put, 6A Girls Shot put, 5A Girls Shot Put*

5A Girls Pole Vault, 6A Girls Pole Vault, 5A Boys Pole Vault, 6A Boys Pole Vault

***Events follow one after another, 40 minute warm-up between each event.**

COACHES MEETING- 3:30PM

Friday Running Events:

4:30 pm 5A Girls 55 Hurdles Semis** (2)

4:40 pm 6A Girls 55 Hurdles Semis** (2)

4:50 pm 5A Boys 55 Hurdles Semis** (2)

5:00 pm 6A Boys 55 Hurdles Semis** (2)

5:10 pm 5A Girls 55 Dash Semis** (3)

5:20 pm 6A Girls 55 Dash Semis** (3)

5:30 pm 5A Boys 55 Dash Semis** (3)

5:40 pm 6A Boys 55 Dash Semis** (3)

6:00 pm 5A Girls 4x800 Relay (2)

6:30 pm 6A Girls 4x800 Relay (2)

7:00 pm 5A Boys 4x800 Relay (2)

7:30 pm 6A Boys 4x800 Relay (2)

****All running events will have 5A going first followed by 6A**

****All sprint finals will be two heat finals.**

5A/6A VHSL STATE INDOOR TRACK CHAMPIONSHIPS

Saturday

Facility Opens 7:00 am

Coaches Meeting 7:30-IfNeeded

Field Events:

8:00 am

6A Girls Long Jump followed by 5A Girls Long Jump* Pit 1.

5A boys Long Jump followed by 6A Boys Long Jump* Pit 2

* We will be using two pits Saturday only for both Long Jumps.

***Events follow one after another, 40 minute warm-up between each event.**

Running Events:

Noon	5A Girls 55 Hurdles Finals (2) 6A Girls 55 Hurdles Finals (2)
12:15 pm	5A Boys 55 Hurdles Finals (2) 6A Girls 55 Hurdles Finals (2)
12:30 pm	5A Girls 55 Dash Finals (2) 6A Girls 55 Dash Finals (2)
12:40 pm	5A Boys 55 Dash Finals (2) 6A Boys 55 Dash Finals (2)
12:50 pm	5A Girls 4x200 Relay Final (3) 6A Girls 4x200 Relay Final (3)
1:15 pm	5A Boys 4x200 Relay Final (3) 6A Boys 4x200 Relay Final (3)
1:40 pm	5A Girls 1600 Run Final (1) 6A Girls 1600 Run Final (1)
2:00 pm	5A Boys 1600 Run Final (1) 6A Boys 1600 Run Final (1)
2:20 pm	5A Girls 500 Run Final (3) 6A Girls 500 Run Final (3)
2:40 pm	5A Boys 500 Run Final (3) 6A Boys 500 Run Final (3)
3:00 pm	5A Girls 1000 Run Final (2) 6A Girls 1000 Run Final (2)
3:15 pm	5A Boys 1000 Run Final (2) 6A Boys 1000 Run Final (2)
3:30 pm	5A Girls 300 Dash Final (3) 6A Girls 300 Dash Final (3)
3:45 pm	5A Boys 300 Dash Final (3) 6A Boys 300 Dash Final (3)
4:00 pm	5A Girls 3200 Run Final (1) 6A Girls 3200 Run Final (1)
4:30 pm	5A Boys 3200 Run Final (1) 6A Boys 3200 Run Final (1)
5:00 pm	5A Girls 4x400 Relay Final (3) 6A Girls 4x400 Relay Final (3)
5:30 pm	5A Boys 4x400 Relay Final (3) 6A Boys 4x400 Relay Final (3)
6:00 pm	Team Awards