

# 2019 MILK High School Track & Field Schedule

**Thursday, June 6**

## Track Events

1:00 pm 100 m Heats JR Girls

1:20 pm 100 m Heats SR Girls

1:40 pm 100 m Heats JR Boys

2:00 pm 100 m Heats SR Boys

2:30 pm 1500 m Timed Final JR Girls

2:50 pm 1500 m Timed Final SR Girls

3:10 pm 1500 m Timed Final JR Boys

3:30 pm 1500 m Timed Final SR Boys

4:00 pm 400 m Heats JR Girls

4:20 pm 400 m Heats SR Girls

4:40 pm 400 m Heats JR Boys

5:00 pm 400 m Heats SR Boys

5:30 pm 100 m Semi-Final JR Girls

5:40 pm 100 m Semi-Final SR Girls

5:50 pm 100 m Semi-Final JR Boys

6:00 pm 100 m Semi-Final SR Boys

6:30 pm Medley Relay Timed Final JR Girls

6:50 pm Medley Relay Timed Final SR Girls

7:10 pm Medley Relay Timed Final JR Boys

7:30 pm Medley Relay Timed Final SR Boys

8:00 pm **Awards Presentation** (medley relay & 1500 m)

## **Thursday, June 6**

### **Field Events**

12:15 pm Long Jump Qualifying – Flight 1 JR Girls

12:15 pm Shot Put Qualifying – Flight 1 JR Boys

12:15 pm Javelin Qualifying – Flight 1 SR Girls

12:15 pm High Jump Qualifying – Flight 1 SR Boys

1:15 pm Long Jump Qualifying – Flight 2 JR Girls

1:15 pm Shot Put Qualifying – Flight 2 JR Boys

1:15 pm Javelin Qualifying – Flight 2 SR Girls

1:15 pm High Jump Qualifying – Flight 2 SR Boys

2:15 pm High Jump Qualifying – Flight 1 JR Girls

2:15 pm Long Jump Qualifying – Flight 1 JR Boys

2:15 pm Shot Put Qualifying – Flight 1 SR Girls

2:15 pm Javelin Qualifying – Flight 1 SR Boys

3:15 pm High Jump Qualifying – Flight 2 JR Girls

3:15 pm Long Jump Qualifying – Flight 2 JR Boys

3:15 pm Shot Put Qualifying – Flight 2 SR Girls

3:15 pm Javelin Qualifying – Flight 2 SR Boys

4:15 pm Javelin Qualifying – Flight 1 JR Girls

4:15 pm High Jump Qualifying – Flight 1 JR Boys

4:15 pm Long Jump Qualifying – Flight 1 SR Girls

4:15 pm Shot Put Qualifying – Flight 1 SR Boys

5:15 pm Javelin Qualifying – Flight 2 JR Girls

5:15 pm High Jump Qualifying – Flight 2 JR Boys

5:15 pm Long Jump Qualifying – Flight 2 SR Girls

5:15 pm Shot Put Qualifying – Flight 2 SR Boys

6:15 pm Shot Put Qualifying – Flight 1 JR Girls

6:15 pm Javelin Qualifying – Flight 1 JR Boys

6:15 pm High Jump Qualifying – Flight 1 SR Girls

6:15 pm Long Jump Qualifying – Flight 1 SR Boys

7:15 pm Shot Put Qualifying – Flight 2 JR Girls

7:15 pm Javelin Qualifying – Flight 2 JR Boys

7:15 pm High Jump Qualifying – Flight 2 SR Girls

7:15 pm Long Jump Qualifying – Flight 2 SR Boys

## Friday, June 7

### Track Events

9:00 am 200 m Heats JR Girls

9:20 am 200 m Heats SR Girls

9:40 am 200 m Heats JR Boys

10:00 am 200 m Heats SR Boys

10:30 am 800 m Heats JR Girls

10:50 am 800 m Heats SR Girls

11:10 am 800 m Heats JR Boys

11:30 am 800 m Heats SR Boys

12:00 pm 80 m Hurdles Heats JR Girls

12:20 pm 100 m Hurdles Heats SR Girls

12:40 pm 100 m Hurdles Heats JR Boys

1:00 pm 100 m Hurdles Heats SR Boys

1:30 pm **Awards Presentation** (JR Boys & SR Boys HJ)

1:45 pm 100 m Final JR Girls

1:50 pm 100 m Final SR Girls

1:55 pm 100 m Final JR Boys

2:00 pm 100 m Final SR Boys

2:05 pm 100 m Timed Final Para-Intellectual Girls

2:10 pm 100 m Timed Final Para-Intellectual Boys

2:20 pm 100 m Pentathlon JR Girls

2:30 pm 100 m Pentathlon SR Girls

2:40 pm 100 m Pentathlon JR Boys

2:50 pm 100 m Pentathlon SR Boys

3:10 pm 200 m Semi-final JR Girls

3:20 pm 200 m Semi-final SR Girls

3:30 pm 200 m Semi-final JR Boys

3:40 pm 200 m Semi-final SR Boys

4:10 pm **Awards Presentation** (100m, SR Girls HJ)

5:00 pm 4 x 100 m Heats JR Girls

5:20 pm 4 x 100 m Heats SR Girls

5:40 pm 4 x 100 m Heats JR Boys

6:00 pm 4 x 100 m Heats SR Boys

6:30 pm 4 x 400 m Timed Final JR Girls

6:50 pm 4 x 400 m Timed Final SR Girls

7:10 pm 4 x 400 m Timed Final JR Boys

7:30 pm 4 x 400 m Timed Final SR Boys

8:00 pm **Awards Presentation** (JR Girls HJ, 5:15 & 6:30 Field Events, 4 x 400 m)

## **Friday, June 7**

### **Field Events**

9:15 am Triple Jump Qualifying – Flight 1 JR Girls

9:15 am High Jump Final JR Boys

9:15 am Discus Qualifying – Flight 1 SR Boys

10:15 am Shot Put Pentathlon JR Boys

10:15 am Triple Jump Qualifying – Flight 2 JR Girls

10:15 am Discus Qualifying – Flight 2 SR Boys

11:15 am Shot Put Pentathlon JR Girls

11:15 am Triple Jump Qualifying – Flight 1 JR Boys

11:15 am Discus Qualifying – Flight 1 SR Girls

11:15 am High Jump Final SR Boys

12:15 pm Shot Put Pentathlon SR Girls

12:15 pm Triple Jump Qualifying – Flight 2 JR Boys

12:15 pm Discus Qualifying – Flight 2 SR Girls

1:15 pm Shot Put Pentathlon SR Boys

1:15 pm Triple Jump Qualifying – Flight 1 SR Boys

1:15 pm Discus Qualifying – Flight 1 JR Girls

1:15 pm High Jump Final SR Girls

2:15 pm Triple Jump Qualifying – Flight 2 SR Boys

2:15 pm Discus Qualifying – Flight 2 JR Girls

3:15 pm Triple Jump Qualifying – Flight 1 SR Girls

3:15 pm Discus Qualifying – Flight 1 JR Boys

3:15 pm High Jump Final JR Girls

4:15 pm Triple Jump Qualifying – Flight 2 SR Girls

4:15 pm Discus Qualifying – Flight 2 JR Boys

5:15 pm Shot Put Final JR Boys

5:15 pm Javelin Final SR Girls

5:15 pm Long Jump Final SR Boys

6:30 pm Long Jump Final JR Girls

6:30 pm Shot Put Final SR Girls

6:30 pm Javelin Final SR Boys

## **Saturday, June 8**

### **Track Events**

9:00 am 3000 m Timed Final JR Girls

9:40 am 3000 m Timed Final SR Girls

10:00 am 3000 m Timed Final JR Boys

10:20 am 3000 m Timed Final SR Boys

10:40 am 80 m Hurdles Final JR Girls

10:45 am 100 m Hurdles Final SR Girls

10:50 am 100 m Hurdles Final JR Boys

10:55 am 100 m Hurdles Final SR Boys

11:05 am 400 m Final JR Girls

11:10 am 400 m Final SR Girls

11:15 am 400 m Final JR Boys

11:20 am 400 m Final SR Boys

11:25 am 400 m Timed Final Para-Intellectual Girls

11:35 am 400 m Timed Final Para-Intellectual Boys

12:00 pm **Awards Presentation**

(Hurdles, 3000 m, 9:00 & 10:15 am Field Events)

12:30 pm 800 m Final JR Girls

12:35 pm 800 m Final SR Girls

12:40 pm 800 m Final JR Boys

12:45 pm 800 m Final SR Boys

1:05 pm 200 m Final JR Girls

1:10 pm 200 m Final SR Girls

1:15 pm 200 m Final JR Boys

1:20 pm 200 m Final SR Boys

1:25 pm 200 m Timed Final Para-Intellectual Girls



1:30 pm 200 m Timed Final Para-Intellectual Boys

2:00 pm **Awards Presentation**

(400 m, 100 m, 800 m, 11:30 am & 12:45 pm Field Events)

3:00 pm 800 m Pentathlon JR Girls

3:05 pm 800 m Pentathlon SR Girls

3:10 pm 800 m Pentathlon JR Boys

3:15 pm 800 m Pentathlon SR Boys

3:45 pm 4 x 100 m Final JR Girls

3:50 pm 4 x 100 m Final SR Girls

3:55 pm 4 x 100 m Final JR Boys

4:00 pm 4 x 100 m Final SR Boys

4:05 pm 4 x 100 m Timed Final Unified Relay

4:45 pm **Awards Presentation**

(200 m, Pentathlon, 4 x 100 m, 2:00 & 3:15 pm Field Events, & Team Banners)

## **Saturday, June 8**

### **Field Events**

9:00 am Javelin Final JR Girls

9:00 am Long Jump Pentathlon JR Boys

9:00 am Shot Put Final SR Boys

9:00 am HJ Pentathlon SR Girls

10:15 am Shot Put Final JR Girls

10:15 am Javelin Final JR Boys

10:15 am Long Jump Pentathlon SR Girls

10:15 am HJ Pentathlon SR Boys

11:30 am Long Jump Pentathlon JR Girls

11:30 am Triple Jump Final SR Girls

11:30 am Discus Final SR Boys

11:30 am Shotput Special Olympics

11:30 am HJ Pentathlon JR Boys

12:45 pm Long Jump Pentathlon SR Boys

12:45 pm Triple Jump Final JR Boys

12:45 pm Discus Final JR Girls

12:45 pm HJ Pentathlon JR Girls

2:00 pm Long Jump Final SR Girl

2:00 pm Triple Jump Final JR Girls

2:00 pm Discus Final JR Boys

3:15 pm Long Jump Final JR Boys

3:15 pm Triple Jump Final SR Boys

3:15 pm Discus Final SR Girls