## Mid State Conference Track & Field Meet

**Date & Time:** Saturday, 5/3/25, 10:00AM

**Concessions:** Concessions will be available.

Field Events: 10:00AM Start.

Shot Put: Boys followed by Girls.

Discus: Girls followed by Boys.

High Jump: Girls followed by Boys.

Long Jump: Boys and Girls simultaneously prior to Triple Jump.

Triple Jump: Boys and Girls simultaneously following Long Jump.

Pole Vault: Boys followed by Girls.

Top Eight advance to finals which will immediately follow prelims.

**Running Events:** 1:00PM Start – all following times are approximate.

Order of Competition will be Girls followed by Boys.

3,200 Meter Relay - Finals.

100/110 Hurdles - Prelims.

100 Meter Dash - Prelims.

400 Meter Dash - Finals.

3,200 Meter Run – Finals.

200 Meter Dash - Prelims.

Note: Fastest times advance to the finals.

**Finals:** There will be a short break after prelims before we start finals.

Order of Competition will be Girls followed by Boys.

100 Hurdles

110 Hurdles

100 Meter Dash

800 Meter Run

300 Meter Low/Intermediate Hurdles

200 Meter Dash

1,600 Meter Run

400 Meter Relay

1,600 Meter Relay

\*\*\*Please Note - No Spikes Longer Thank 1/8"\*\*\*