

WESTMINSTER WILDCAT TRACK & FIELD
SCHEDULE OF EVENTS FOR WEDNESDAY, MARCH 20, 2013
VARSITY BOYS & GIRLS VS. GAC / LOVETT / PACE / WHITEFIELD

FIELD EVENTS: (Participants should report to their respective competition areas.)
(3 trials each in Discus Throw, Long Jump, Shot Put, Triple Jump)

4:30 PM BOYS' DISCUS THROW (followed by GIRLS' DISCUS THROW)
BOYS' & GIRLS' POLE VAULT
BOYS' TRIPLE JUMP (followed by GIRLS' TRIPLE JUMP)
GIRLS' HIGH JUMP (followed by BOYS' HIGH JUMP)
GIRLS' LONG JUMP (followed by BOYS' LONG JUMP)
GIRLS' SHOT PUT (followed by BOYS' SHOT PUT)

RUNNING EVENTS: The order of all common running event heats will be girls followed by boys.
(Please note any/all exceptions below.)

ORDER OF EVENTS

5:15 PM 4X100 Meter Relay
1600 Meter Run (Arc Start)
400 Meter Dash
100 Meter Dash
Girls' 100 Meter Intermediate Hurdles (33")
Boys' 110 Meter High Hurdles
800 Meter Run (One-Curve Stagger)
200 Meter Dash
Girls' 300 Meter Low Hurdles (30")
Boys' 300 Meter Intermediate Hurdles
3200 Meter Run (Arc Start; One Heat – Boys & Girls run together)
4X400 Meter Relay

ALL running events will be clerked near the 110 Meter starting line. (**EXCEPTIONS:** the 200 Meter Dash and 300 Meter Hurdles will be clerked at their respective starting lines!!) All participants in a running event should check in with the clerk of course in these areas to receive lane & heat assignments.

*****PLEASE NOTE:** In those running events where more than one heat is contested,
PLACES WILL BE DETERMINED BY TIME!!!