

METROPOLITAN TRACK MEET

May 4, 2021

SCHEDULE OF FIELD EVENTS WITH UNIFIED EVENTS

9:00 Boys Pole Vault (girls to follow)
Boys Shotput (girls to follow)
Boys Triple Jump (girls to follow)
Girls High Jump (boys to follow)
Girls Discus (boys to follow)
Girls Long Jump
(followed by *Unified Long Jump then Boys Long Jump)

NO DUCT TAPE ALLOWED ON RUNWAYS OR TRACK SURFACE!!
Marks made with duct tape will be immediately removed by event officials.

SCHEDULE OF RUNNING EVENTS WITH UNIFIED EVENTS

(The schedule is approximate; events will be run immediately following completion of preceding event but no more than 15 minutes ahead of schedule)

12:00 3200 Meter Relay
12:25 100 Meter High Hurdles (Prelims)
12:40 110 Meter High Hurdles (Prelims)
12:55 100 Meter Dash (Prelims)
1:25 400 Meter Dash
2:00 3200 Meter Run
2:50 200 Meter Dash (Prelims)

-BREAK-

During break:

*100 Meter Dash

*400 Meter Relay

4:10 100 Meter High Hurdles (Finals)
4:15 110 Meter High Hurdles (Finals)
4:20 100 Meter Dash (Finals)
4:30 800 Meter Run
4:55 300 Meter Low Hurdles
5:30 200 Meter Dash (Finals)
5:40 1600 Meter Run
6:10 400 Meter Relay
6:35 1600 Meter Relay

*Unified track events