



WEST CENTRAL DISTRICT III OF WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION



2019 TRACK & FIELD CHAMPIONSHIPS 1A – 2A

Friday May 17, 2019 (2A)		
3:30	2A	Boys Long Jump
3:30	2A	Boys Javelin
4:30	2A	Girls Shot Put
4:30	2A	Boys High Jump
4:30	2A	Girls Triple Jump
4:30	2A	Boys Discus Throw
4:30	2A	Girls Pole Vault

Saturday May 18, 2019 (2A)	
10:00	2A Boys Triple Jump
9:00	2A Boys Pole Vault
10:00	2A Girls Discus Throw
10:00	2A Girls Long Jump
11:30	2A Girls High Jump
11:30	2A Boys Shot Put
11:45	2A Girls Javelin Throw

Friday May 17, 2019 (1A)		
2:30	1A	Boys Pole Vault
3:30	1A	Boys Discus Throw
3:30	1A	Girls High Jump
3:30	1A	Boys Triple Jump
3:30	1A	Girls Shot Put
5:00	1A	Girls Long Jump
5:00	1A	Boys Javelin Throw

Saturday May 18, 2019 (1A)	
10:00	1A Boys Shot Put
10:00	1A Girls Javelin Throw
10:00	1A Boys High Jump
11:45	1A Boys Long Jump
11:45	1A Girls Triple Jump
11:45	1A Girls Discus Throw
12:00	1A Girls Pole Vault

Running Events (Timed Finals)

3:20	1A	Girls 4X200R (Final)
3:25	2A	Girls 4x200 Relay (2 Heats)
3:35	1A	Boys 1600M (Final)
3:50	2A	Boys 1600M (Final)
4:00	1A	Boys 110 HH (Final)
4:10	2A	Boys 110M HH (2 Heats)
4:20	1A	Girls 100M HH (Final)
4:25	2A	Girls 100M HH (2 Heats)
4:35	1A	Boys 100M Dash (Final)
4:40	2A	Boys 100M Dash (2 Heats)
4:50	1A	Girls 100M Dash (Final)
4:55	2A	Girls 100M Dash (2 Heats)
5:05	1A	Girls 1600M Run
5:15	2A	Girls 1600M Run
5:25	1A	Boys 4x100 Relay (Final)
5:30	2A	Boys 4X100 Relay (2 Heats)
5:35	1A	Girls 4x100 Relay (Final)
5:40	2A	Girls 4X100 Relay (2 Heats)
5:50	1A	Boys 400M Dash (Final)
5:55	2A	Boys 400M Dash (2 Heats)
6:05	1A	Girls 400M Dash (Final)
6:10	2A	Girls 400M Dash (2 Heats)

updated 5/30/18

updated 4/25/19

Running Events (Timed Finals)

11:15	1A Girls 3200M (Final)
11:30	2A Girls 3200M (Final)
12:00	1A Boys 300M Hurdles
12:05	2A Boys 300M Hurdles (2 Heats)
12:10	1A Girls 300M Hurdles
12:15	2A Girls 300M Hurdles (2 Heats)
12:30	1A Boys 800M Run
12:35	2A Boys 800M Run (2 Heats)
1:00	1A Girls 800M Run
1:05	2A Girls 800M Run (2 Heats)
1:15	1A Boys 200M Dash
1:20	2A Boys 200M Dash (2 Heats)
1:30	1A Girls 200M Dash
1:35	2A Girls 200M Dash (2 Heats)
1:45	2A Boys 3200M Run
2:15	1A Boys 3200M Run
2:30	2A Girls 4X400 Relay (2 Heats)
	2A Girls Team Awards
2:45	2A Boys 4X400 Relay (2 Heats)
	2A Boys Team Awards
3:00	1A Girls 4X400 Relay
	1A Girl Team Awards
3:10	1A Boys 4X400 Relay
	1A Boys Team Awards