

**2019 NSAA D-7 DISTRICT TRACK MEET**  
**Hitchcock County Track, Trenton**  
**Friday, May 10, 2019**  
**Schedule of Events in Central Time**

**9:30 am - Scratch & Add Meeting**

**10:30 am – Throwing Events**

Boys Shot Put followed by Girls  
Girls Discus followed by Boys

**11:00 am – Field Events**

Boys Long Jump followed by Boys Triple Jump (south runway)  
Girls Long Jump followed by Girls Triple Jump (north runway)  
Boys High Jump followed by Girls  
Girls Pole Vault followed by Boys

**1:30 pm – Running Events**

3200 Meter Relay Finals (Girls followed by Boys)  
100 Meter Hurdle Prelims (Girls)  
110 Meter Hurdle Prelims (Boys)  
100 Meter Dash Prelims (Girls followed by Boys)  
400 Meter Dash Finals (Girls followed by Boys)  
3200 Meter Run Finals (Girls followed by Boys)  
200 Meter Dash Prelims (Girls followed by Boys)

**Break (TBD)**

100 Meter Hurdle Finals (Girls)  
110 Meter Hurdle Finals (Boys)  
100 Meter Dash Finals (Girls followed by Boys)  
800 Meter Run Finals (Girls followed by Boys)  
300 Meter Hurdle Finals (Girls followed by Boys)  
200 Meter Dash Finals (Girls followed by Boys)  
1600 Meter Run Finals (Girls followed by Boys)  
400 Meter Relay Finals (Girls followed by Boys)  
1600 Meter Relay Finals (Girls followed by Boys)