

## HEB Track Meet 2019

Start	Girls Tyro	Girls Novice	Girls Junior	Girls Interm	Girls Senior	Boys Tyro	Boys Novice	Boys Junior	Boys Interm	Boys Senior
9:30	100m		High Jump	Triple Jump	Discus	100m		Shot Put	Long Jump	Discus
9:40		100m					100m			
9:50			100m					100m		
10:00	High Jump	Discus		100m		Shot Put	Long Jump		100m	
10:10					100m					100m
10:20										
10:30	200m		Long Jump	Shot Put	Triple Jump	200m			High Jump	Triple Jump
10:40		200m					200m			
10:50			200m					200m		
11:00	Shot Put	Long Jump		200m		Discus	Triple Jump		200m	
11:10					200m					200m
11:20										
11:30	400m	High Jump	Triple Jump			400m	Discus	Long Jump	Shot Put	
11:40		400m					400m			
11:50			400m					400m		
12:00	Long Jump			400m/Discus	Shot Put	Triple Jump		High Jump	400m	Shot Put
12:10					400m					400m
12:20										
12:30	800m		Shot Put	High Jump	Long Jump	800m		Triple Jump	Discus	Long Jump
12:40		800m					800m			
12:50			800m					800m		
1:00	Discus	Triple Jump		800m		High Jump	Shot Put		800m	
1:10					800m					800m
1:20										
1:30	1500m			Long Jump	High Jump	1500m		Discus	Triple Jump	High Jump
1:40		1500m					1500m			
1:50			1500m					1500m		
2:00	Triple Jump	Shot Put	Discus	1500m		Long Jump	High Jump		1500m	
2:10					1500m					1500m
2:20										
2:30			Relay	Practice	If	Time	Permits			

### Notes:

#### Races-

Each race is a final

Each category runs separately even though the schedule indicates age levels run at the same time. Both categories check in together.

#### Throwing/Jumping

Each athlete gets 3 attempts at throwing and jumping with their best result counting.

Please try to stay with the times as best as possible. Races will always take precedence over jumping/throwing activities.