Vermont D3 & D4
State Championship Track Meet
Saturday, June 1st, 2019
Murphy-Morse Track Complex
87 State Street, Windsor, VT

Implement weigh-in / pole vault check - 8:15 am - 9:00 am

Coaches Meeting 9:00 am – please have scratches in prior to that time.

Running Order of Events – 10:00 am Start.
  1. Girls 4x800m Relay
  2. Boys 4x800m Relay
  3. Girls 100m High Hurdles (Preliminaries)
  4. Boys 110m High Hurdles (Preliminaries)
  5. Girls 100m Dash (Preliminaries)
  6. Boys 100m Dash (Preliminaries)
  7. Girls 1500m Run
  8. Boys 1500m Run
     Boys 110m High Hurdles FINALS
     Girls 100m High Hurdles FINALS
  9. Girls 4x100m Relay
 10. Boys 4x100m Relay
 11. Girls 400m Dash
 12. Boys 400m Dash
     Girls 100m Dash FINALS
     Boys 100m Dash FINALS
 13. Girls 300m Low Hurdles
 14. Boys 300m Low Hurdles
 15. Girls 800m Run
 16. Boys 800m Run
 17. Girls 200m Dash
 18. Boys 200m Dash
 19. Girls 3000m Run
 20. Boys 3000m Run
 21. Girls 4x400m Relay
 22. Boys 4x400m Relay
Order of Field Events – After 3 throws/jumps, top 7 advance, to finals for 3 more throws/horizontal jumps.

9:30am Start:
1. Boys Long Jump – followed by Boys Triple Jump
2. Girls Triple Jump – followed by Girls Long Jump
4. Girls High Jump – followed by Boys High Jump
5. Girls Shot Put – followed by Boys Shot Put
6. Boys Discus – followed by Girls Discus

10:30am Start:
7. Girls Javelin – followed by Boys Javelin

Note on field events: we hope to have two shot put venues operating, allowing 2 “flights” to compete simultaneously.

Starting Heights for vertical jumps: Starting height is set by the qualifying mark for D4 competition. Athletes are welcome to “pass” on lower heights. They should inform the officials when they check in.

- Girls High Jump: 3’10” (raised 2” each time)
- Boys High Jump: 4’6” (raised 2” each time)
- Girls Pole Vault: 6’0” (raised in 6” increments until 9’, then 3”)
- Boys Pole Vault: 7’6” (raised in 6” increments until 11’, then 3”)