

2018
District 3 5A Track & Field Meet
Mountain View High School
May 10th and 11th

Host: Mountain View High School
Meet Director: Luke Wolf- 855-4050
Starters: **Jeff Farley, Nick Ciacco, Tim Ellinghouse**
Timers/Scorer: **Jeremy Colson/ Adam Fritz**
Schools: Boise, Borah, Capital, Centennial, Columbia, Eagle, Meridian, Mountain View, Nampa, Rocky Mountain, Timberline, Kuna

Admission: Adults: \$6, Students \$4, Seniors \$3

Entries: All events must be timed with FAT or similar to be accepted for entry into the district meet. No hand timed or converted hand times will be accepted.

District Seeding/:
Scratch meeting **Saturday May 5th: at 8.00 am Rocky Mountain HS**

Awards: Individual medals for Top 3 finishers, Team Trophy for District Champion

Representation: 5A	<u>District</u>	<u>Ind. Events</u>	<u>Relays</u>
	I-II	3	1*
	III	9	4*
	V-VI	4	2*

* Next best mark statewide will qualify for state

Complete your entries via athletic.net by Friday May 4th @ 6 PM

We will go through list Saturday morning at Rocky prior to JV districts.

5A District III Track & Field Meet Schedule

Thursday, May 10th

4:30 PM- Field Events

Boys	Girls
Shot Put	Discus
Pole Vault	High Jump
Long Jump	Triple Jump

5:00 PM – Unified Relay

5:30 PM- 3200m (final)

6:00 PM- Running Prelims (rolling schedule)

100/110H
400m
100m
300H
200m
4 x 800 Relay Final

Friday, May 11th

4:30 PM Field Events

Boys	Girls
Discus	Shot Put
High Jump	Pole Vault
Triple Jump	Long Jump

6:00 PM- Running Finals
(time schedule)

4 x 200 Relay
1600m
100/110H
400m
20 min. break
100m
800m
4 x 100 Relay
300H
200m
10 min. break
4 x 400 Relay

District Standards 2018

The following marks/distances will qualify you for the district meet.

EVENT	BOYS	GIRLS
100	11.50	13.25
200	23.50	27.40
400	52.90	63.50
800	2:04	2:28.50
1600	4:38	5:31.00
3200	10:20	12:28.00
100H/110H	17.50	17.80
300H	43.50	51.00
4 x 100 R	TOP 12 SCHOOLS	
4 x 200 R	TOP 12 SCHOOLS	
4 x 400 R	TOP 12 SCHOOLS	
4 x 800 R	TOP 12 SCHOOLS	
Shot Put	42'8"	30'0"
Discus	125'0"	90'0"
Pole Vault	11'6"	8'6"
High Jump	5'8"	4'8"
Long Jump	19'6"	15'0"
Triple Jump	39'0"	31'6"

FRIDAY TIME SCHEDULE

Event	Time
G 4 x 200 H1	6:00
G 4 x 200 H2	6:05
B 4 x 200 H1	6:10
B 4 x 200 H2	6:15
G 1600	6:20
B 1600	6:28
G 100H	6:36
B 110H	6:42
G 400	6:48
B 400	6:56
20 min break	
G 100	7:18
B 100	7:24
G 800	7:30
B 800	7:36
B 800 EXH	7:42
G 4 x 100 H1	7:50
G 4 x 100 H2	7:54
B 4 x 100 H1	7:58
B 4 x 100 H2	8:02
G 300H	8:10
B 300H	8:16
G 200	8:22
B 200	8:28
10 min break	
G 4 x 400 H1	8:40
G 4 x 400 H2	8:48
B 4 x 400 H1	8:56
B 4 x 400 H2	9:04

*** Slower heats of relays will run first**