**EMAC LEAGUE**

**CONFERENCE CHAMPIONSHIPS**

**District 12 North Stadium**

**Tuesday & Thursday**

**May 7th & 9th**

**First event at 2:00 pm**

***\*\*Please read through the following important information.***

**Release at 12:00**

**Bus Departs at 12:15**

**(AP students, we will pick you up at Heritage)**

**Order of events Tuesday May 7th (Day 1) All events start @ 2:00 PM**

**RUNNING EVENTS DAY 1**

4x800 Relay Final

100m Hurdles Prelims

110m Hurdles Prelims

100m Dash Prelims Girls & Boys

400m Dash Prelims Girls & Boys

*------45 MINUTE BREAK----------*

3200m Run Final Girls & Boys

300m Hurdles Prelims Girls & Boys

200m Dash Prelims Girls & Boys

**FIELD EVENTS DAY 1**

*Weigh- in all shots and disk, at the*

*North West end of the stadium.*

Girls Pole Vault Prelims & Final

Boys High Jump Prelims & Final

Boys Long Jump Prelims & Final

Girls Triple Jump Prelims & Final

Girls Discus Prelims & Final

Boys Shot Prelims & Final

**Order of events Thursday May 9th (Day 2) All events start @ 2:00 PM**

**RUNNING EVENTS DAY 2**

Sprint Medley Relay (100-100-200-400) Girls Only

100H Girls Final 1 Heat

110HH Boys Final 1 Heat

100 Girls Final 1 Heat

100 Boys Final 1 Heat

4x200m Relay Girls 2 Heats

4x200m Relay Boys 2 Heats

1600m Girls 2 Heats

1600m Boys 2 Heats

4x100m Relay Girls 2 heats

4x100m Relay Boys 2 Heats

400m Girls Finals 1 Heat

400m Boys Finals 1 Heat

300m Hurdles Girls Finals 1 Heat

300m Hurdles Boys Finals 1 Heat

800m Girls Finals 2 Heats

800m Boys Finals 2 Heats

200m Girls Finals 1 Heat

200m Boys Finals 1 Heat

---------20 Minute Break--------------

4x400 Relay Girls Finals 2 Heats

4x400 Relay Boys Finals 2 Heats

**FIELD EVENTS DAY 2**

Boys Pole Vault Prelim & Final

Girls High Jump Prelim & Final

Girls Long Jump Prelim & Final

Boys Triple Jump Prelim & Final

Boys Discus Prelim & Final

Girls Shot Prelim & Final