

EMAC League Championships

Day 1 Schedule (Wednesday May 4th)

3:00 pm Start Time:

4x800 Girls Finals

4x800 Boys Finals

100m Hurdle Girls Prelims

110m Hurdle Boys Prelims

100m Dash Girls Prelims

100m Dash Boys Prelims

400m Dash Girls Prelims

400m Dash Boys Prelims

****30 Min break ****

300m Hurdles Girls Prelims

300m Hurdles Boys Prelims

3200m Run Girls Finals

3200m Run Boys Finals

200m Dash Girls Prelims

200m Dash Boys Prelims

3:00 pm Start Time:

Field Events

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 Put Prelim & Final

EMAC League Championships

Day 2 Schedule (Saturday May 7th)

9:00 am Start Time: All Finals

Sprint Medley Relay Girls

100m Hurdles Girls Finals 1 Heat

110m Hurdle Boys Finals 1 Heat

100m Hurdle Girls Finals 1 Heat

100m Hurdle Boys Finals 1 Heat

4x200m Relay Girls 2 Heats

4x200m Relay Boys 2 Heats

1600m Run Girls 2 Heats Max

1600m Run Boys 2 Heats Max

4x100m Relay Girls 2 Heats

4x100m Relay Boys 2 Heats

400m Dash Girls 1 Heat

400m Dash Boys 1 Heat

300m Hurdles Girls 1 Heat

300m Hurdles Boys 1 Heat

****20 min Break ****

800m Run Girls Finals 2 Heats

800m Run Boys Finals 2 Heats

200m Dash Girls Finals 1 Heat

200m Dash Boys Finals 1 Heat

**** 30 Min Break ****

4x400m Relay Girls Finals 2 Heats

4x400m Relay Boys Finals 2 Heats

9:00 am Start Time:

Field Events

Girls Pole Vault Prelims & Finals

Boys High Jump Prelims & Finals

Boys Long Jump Prelims & Finals

Girls Triple Jump Prelims & Finals

Girls Discus Prelims & Finals

Boys Shot Put Prelims & Finals