

# BOYS & GIRLS DIVISION EAST DISTRICT TRACK MEETS

**Monday, May 18, 2009** – Preliminaries will be held at Meadowbrook High School and West Holmes High School for both Boys and Girls

**Thursday, May 21, 2009** – Semi Finals at Meadowbrook High School – One District for the Girls and Two Districts for the Boys

**Saturday, May 23, 2009** – Finals at Meadowbrook High School– One District for the Girls and Two Districts for the Boys

25 Girls teams possible 50 competitors – top 4 in each event advance

15 Boys teams possible 30 competitors – top 4 in each event advance

15 Boys teams possible 30 competitors – top 4 in each event advance

## 3 Districts

**Monday**

**Preliminary Day**

**Held at 2 Sites**

**4:30 pm Field Events**

**5:30 pm Running Events**

### Field Events

Boys High Jump – Top 4 advance to Regional

Boys Pole Vault – Top 4 advance to Regional

Boys Shot Put @ Meadowbrook – Top 4 advance to Regional

Boys Discus @ West Holmes – Top 4 advance to Regional

Girls Long Jump – Top 8 advance to Finals

Girls Shot Put – Top 8 advance to Finals

Girls Discus – Top 8 advance to Finals

### Running Events

**100 Hurdles**

3 Heats for Girls – Top 2 in each Heat advance and next 2 fastest times advance

**110 Hurdles**

4 Heats for Boys – Top 4 in each Heat advance

**100 meters**

3 Heats for Girls – Top 2 in each Heat advance and next 2 fastest times advance

4 Heats for Boys – Top 4 in each Heat advance

**1600 meters**

2 Heats for Boys – Top 8 in each Heat advance to finals (if needed)

**400 meters**

4 Heats for Boys – Top 8 times in each heat advance to finals

**800 meters**

1 Heat for Girls – Top 10 advance to finals **OR**

2 Heats for Girls – Top 5 in each Heat advance to finals

**200 meters**

3 Heats for Girls – Top 2 in each Heat advance and next 2 fastest times advance

4 Heats for Boys – Top 4 in each Heat advance

**3200 meters**

2 Heats for Girls – Top 8 in each Heat advance to finals (if needed)

**Thursday**

**Semi Finals - Meadowbrook High School**

**3:00 pm Field Events**

**3:30 pm Running Events**

**Field Events**

Girls High Jump – Top 4 advance to Regional  
Girls Pole Vault – Top 4 advance to Regional  
Girls Shot Put – Top 4 advance to Regional  
Boys Long Jump @ Meadowbrook – Top 4 advance to Regional  
Boys Long Jump @ West Holmes – Top 4 advance to Regional  
Boys Discus @ Meadowbrook – Top 4 advance to Regional

**Running Events**

**4 x 800 Relay**

Girls – Top 4 advance to Regional  
Boys @ West Holmes – Top 4 advance to Regional  
Boys @ Meadowbrook – Top 4 advance to Regional

**100 Hurdles**

2 Heats for Girls – Top 4 in each Heat advance to Finals

**110 Hurdles**

2 Heats for Boys @ West Holmes – Top 4 in each Heat advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 4 in each Heat advance to Finals

**100 meters**

2 Heats for Girls – Top 4 in each Heat advance to Finals  
2 Heats for Boys @ West Holmes – Top 4 in each Heat advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 4 in each Heat advance to Finals

**4 x 200 Relay**

3 Heats For Girls – Top 8 times advance to Finals  
2 Heats For Boys @ West Holmes – Top 8 times advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 8 times advance to Finals

**1600 meters**

2 Heats for Girls – Top 8 in each Heat advance to Finals

**4 x 100 Relay**

3 Heats for Girls – Top 8 times advance to Finals  
2 Heats for Boys @ West Holmes – Top 8 times advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 8 times advance to Finals

**400 meters**

6 Heats for Girls – Top 8 times advance to Finals

**300 Hurdles**

6 Heats for Girls – top 8 times advance to Finals  
4 Heats for Boys @ West Holmes – Top 8 times advance to Finals  
4 Heats for Boys @ Meadowbrook – Top 8 times advance to Finals

**800 meters**

2 Heats for Boys @ West Holmes – Top 8 in each Heat advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 8 in each Heat advance to Finals

**200 meters**

2 Heats for Girls – Top 4 in each Heat advance to Finals  
2 Heats for Boys @ West Holmes – Top 4 in each Heat advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 4 in each Heat advance to Finals

**4 x 400 Relay**

3 Heats for Girls – Top 8 in times advance to Finals  
2 Heats for Boys @ West Holmes – Top 8 times advance to Finals  
2 Heats for Boys @ Meadowbrook – Top 8 times advance to Finals

**Saturday**

**Finals – Meadowbrook High School**

**11:30 am Field Events**

**12:30 pm Running Events**

**Field Events**

Girls Long Jump – Top 4 advance to Regional  
Girls Discus – Top 4 advance to Regional  
Boys Shot Put @ West Holmes – Top 4 advance to Regional

**Running Events**

**100 Hurdles**

1 Heat for Girls – Top 4 advance to Regional

**110 Hurdles**

1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**100 meters**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**4 x 200 Relay**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**1600 meters**

1 Heat for Girls – Top 4 advance to Regional  
ME: 1 Heat for Boys – Top 4 advance to Regional  
WH: 1 Heat for Boys – Top 4 advance to Regional

**4 x 100 Relay**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**400 meters**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**300 Hurdles**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**800 meters**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**200 meters**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**3200 meters**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional

**4 x 400 Relay**

1 Heat for Girls – Top 4 advance to Regional  
1 Heat for Boys @ West Holmes – Top 4 advance to Regional  
1 Heat for Boys @ Meadowbrook – Top 4 advance to Regional