

**Time Schedule
2019 Lancaster - Lebanon League
Track & Field Championships**

Friday, May 10, 2019 at Hempfield High School

Running Events

Time	Event	Comments
4:00 PM	Girls 100 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
4:15 PM	Boys 100 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
4:30 PM	Girls 100 M Hurdle Trials	Winner from each heat + next 4 fastest times advance to finals
4:45 PM	Boys 110 M Hurdle Trials	Winner from each heat + next 4 fastest times advance to finals
5:00 PM	Girls 200 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
5:15 PM	Boys 200 M Dash Trials	Winner from each heat + next 4 fastest times advance to finals
5:30 PM	Girls 3200 M Run Finals	
6:00 PM	Boys 3200 M Run Finals	

Field Events

Time	Event
4:00 PM	Boys Javelin, Girls Triple Jump, Girls Pole Vault
4:00 PM	Girls Discus, Boys High Jump, Boys Long Jump

***Top 9 from Prelim advance to final in Shot Put, Javelin, Discus, TJ and LJ**

Time Schedule

2019 Lancaster - Lebanon League Track & Field Championships

Saturday, May 11, 2019 at Hempfield High School

Running Events

Time	Event
10:00 AM	Girls 4 X 800 M Relay Finals
10:25 PM	Boys 4 X 800 M Relay Finals
10:45 PM	Girls 100 M Hurdle Finals
10:50 PM	Boys 110 M Hurdle Finals
11:00 AM	Girls 100 M Dash Finals
11:05 AM	Boys 100 M Dash Finals
11:10 AM	Girls 1600 M Run Finals
11: 35 AM	Boys 1600 M Run Finals
12:00 PM	Girls 4 x 100 M Relay Finals
12:15 PM	Boys 4 x 100 M Relay Finals
12:30 PM	Girls 400 M Dash Finals
12:45 PM	Boys 400 M Dash Finals
1:00 PM	Girls 300 M Intermediate Hurdle Finals
1:15 PM	Boys 300 M Intermediate Hurdle Finals
1:30 PM	Girls 800 Meter Finals
1:45 PM	Boys 800 Meter Finals
2:00 PM	Girls 200 M Dash Finals
2:05 PM	Boys 200 M Dash Finals
2:15 PM	Girls 4 X 400 M Relay Finals
2:30 PM	Boys 4 X 400 M Relay Finals

Field Events

Time	Event
10:00 AM	Boys Shot Put, Girls High Jump
10:00 AM	Girls Javelin, Boys Pole Vault
12:30 PM	Boys Discus, Boys Triple Jump
12:30 PM	Girls Shot Put, Girls Long Jump

***Top 9 from Prelim advance to final in Shot Put, Javelin, Discus, TJ and LJ**

One Day
final

Proposed Time Schedule
2019 Lancaster - Lebanon League Track & Field Championships
Saturday, May 11, 2019
(Hempfield High School)

9:00	Girls	3200M	Run	Final
9:15	Boys	3200M	Run	Final
9:40	Girls	100M	Hurdles	Trials
9:55	Boys	110M	Hurdles	Trials
10:05	Girls	100M	Dash	Trials
10:15	Boys	100M	Dash	Trials
10:30	Girls	300M	Int. Hurdles	Finals
10:45	Boys	300M	Int. Hurdles	Finals
11:00	Girls	200M	Dash	Trials
11:10	Boys	200M	Dash	Trials
11:20	Girls	3200M	Relay	Finals
11:35	Boys	3200M	Relay	Finals

Afternoon Finals:

12:00	Girls	100M	Hurdles	Finals
12:05	Boys	110M	Hurdles	Finals
12:15	Girls	100M	Dash	Finals
12:20	Boys	100M	Dash	Finals
12:25	Girls	1600M	Run	Finals
12:40	Boys	1600M	Run	Finals
1:00	Girls	400M	Relay	Finals
1:15	Boys	400M	Relay	Finals
1:30	Girls	400M	Dash	Finals
1:40	Boys	400M	Dash	Finals
1:50	Girls	800M	Run	Finals
2:05	Boys	800M	Run	Finals
2:20	Girls	200M	Dash	Finals
2:30	Boys	200M	Dash	Finals
2:40	Girls	1600M	Relay	Finals
3:00	Boys	1600M	Relay	Finals

Field Event Schedule:

9:00 AM: Boys Shot, Girls Javelin, Boys Long Jump, Girls High Jump, Boys Pole Vault

11:00AM: Boys Javelin, Girls Discus, Boys Triple Jump, Girls Long Jump

1:00 PM: Boys Discus, Girls Shot, Girls Triple Jump

Boys High Jump will start immediately after the girls high jump is finished.

Girls Pole Vault will begin immediately following the boys pole vault competition.