

**2018-2019 National District
Indoor Track and Field Championships**

Tentative Schedule

Thursday, January 31st 2019 Flippin Field House

Episcopal High School

Doors open at 7:00pm

7:30pm Coaches Meeting

7:40pm Girls 4x800m Relay FINALS

7:55pm Boys 4x800m Relay FINALS

Long Jump will start immediately after the Gunston District Championships but not before 8pm.

8:00pm Boys Long Jump Followed by Girls Long Jump

8:00pm Girls Pole Vault followed by Boys Pole Vault

Boys/Girls Triple Jump will follow the Girls Long Jump

**Horizontals- 4 jumps no finals, must have 1 successful jump in the first 3 attempts to receive
4th jump.**

Friday, February 1st 2019

Thomas Jefferson Community Center

Doors open at 5:00pm

5:45pm Coaches Meeting

6:00pm Girls 55m HH FINALS on time

6:10pm Boys 55m HH Finals on time

6:20pm Girls 55m Dash FINALS on time

6:30pm Boys 55m Dash FINALS on time

6:35pm 4x200 m. Relay FINALS

6:45pm 1600 m. Run FINALS

7:10pm 500m. Run FINALS

7:40pm 1000m. Run FINALS

7:55pm 300m. Dash FINALS

8:10pm 3200m. Run FINALS

8:50pm 4x400m. Relay FINALS

9:05pm Presentation of awards