

# 2019 SOL Continental Championship Meet Schedule

## Friday, May 10<sup>th</sup> Running Events @ CB WEST

<u>Time</u>	<u>Event</u>	<u>Gender</u>
1:30 PM	Equipment Weigh-in and Certification	
2:30 PM	COACHES MEETING	
3:30 PM	100m Hurdle Trials (4 Heats)	Girls
	110m Hurdle Trials (4 Heats)	Boys
	100m Dash Trials (4 Heats)	Girls
	100m Dash Trials (4 Heats)	Boys
	4x800m Relay <b>Final</b> (1 Heat)	Girls
	4x800m Relay <b>Final</b> (1 Heat)	Boys
	200m Dash Trials (4 Heats)	Girls
	200m Dash Trials (4 Heats)	Boys

## Friday, May 10<sup>th</sup> Field Events @ CB WEST

<u>Time</u>	<u>Event</u>	<u>Gender</u>
3:00 PM	Long Jump	Girls
3:00 PM	Long Jump	Boys
3:00 PM	High Jump (5'4")	Boys
3:00 PM	Shot Put	Boys
3:00 PM	Discus	Girls
3:00 PM	Pole Vault (6'6")	Girls

### NOTES

- Time schedule is approximate except for the first event in each session (Friday afternoon, Saturday morning, Saturday after lunch break – 11:30)
- Registration for all athletes must be completed on [pa.milesplit.com](http://pa.milesplit.com) no later than 10:00 pm on Tuesday, May 7, 2019
- If a team scratches one of their top two entrees – your team is not guaranteed a position in that event.
- Be sure to register runner's times using F.A.T. Conversion (ADD 0.24 TO HAND TIMES)
- Each team is responsible for supplying 4 officials on each day of competition
- D-1 Registration Deadline – Monday, May 13<sup>th</sup> @ Midnight
- Contact D-1 Reps with any questions
- For the 400m and 800m at the SOL Championship meet purposes: TIED SEED TIMES DEFER TO 2ND BEST FAT TIME ON RECORD WITH MILESPLIT FOR HEAT/LANE PREFERENCE

# 2019 SOL Continental Championship Meet Schedule

## Saturday, May 11<sup>th</sup> Running Events @ CB South

<u>Time</u>	<u>Event</u>	<u>Gender</u>
7:30 AM	Equipment Weigh-in and Certification	
8:30 AM	COACHES MEETING	
9:30 AM	3200m Run (Final- 1 Heat)	Girls
9:45 AM	3200m Run (Final- 1 Heat)	Boys
10:00 AM	100m Hurdle Final (1 Heat)	Girls
10:05 AM	110m Hurdle Final (1 Heat)	Boys
10:10 AM	100m Dash Final (1 Heat)	Girls
10:15 AM	100m Dash Final (1 Heat)	Boys
10:20 AM	Novice Sprint Medley Relay (2 teams allowed/school) 400-200-200-800 (2 Heats)	Girls - Novice
10:35 AM	Novice Sprint Medley Relay (2 teams allowed/school) 400-200-200-800 (2 Heats)	Boys - Novice
<b>LUNCH BREAK</b>		
11:30 PM	1600m Run (Final-2 Heat)	Girls
11:45 PM	1600m Run (Final-2 Heat)	Boys
12:00 PM	4x100m Relay (Final-1Heat)	Girls
12:05 PM	4x100m Relay (Final-1Heat)	Boys
12:10 PM	400m Dash (Final-3Heat)	Girls
12:20 PM	400m Dash (Final-3Heat)	Boys
12:45 PM	300m Interm. Hurdles (Final-3Heat)	Girls
1:00 PM	300m Interm. Hurdles (Final-3Heat)	Boys
1:15 PM	800m Run (Final-2Heat)	Girls
1:25 PM	800m Run (Final-2Heat)	Boys
1:35 PM	200m Dash Final (1 Heat)	Girls
1:40 PM	200m Dash Final (1 Heat)	Boys
<b>MANDATORY 25 minute break beginning at conclusion of boys 200 until start of girls 4x400</b>		
1:45 PM	Novice 1600m Run (1 Heat – 2 runners/school)	Girls Novice
1:55 PM	Novice 1600m Run (1 Heat – 2 runners/school)	Boys Novice
2:10 PM	4x400m Relay (Final- 1 Heat)	Girls
2:15 PM	4x400m Relay (Final- 1 Heat)	Boys

## Saturday, May 11<sup>th</sup> Field Events @ CB South

<u>Time</u>	<u>Event</u>	<u>Gender</u>
9:00 AM	High Jump (4'4")	Girls
9:00 AM	Javelin	Girls
9:00 AM	Triple Jump	Boys
9:00 AM	Discus	Boys
9:00 AM	Pole Vault (9')	Boys
	Javelin →	Girls first, then Boys
	Triple Jump →	Boys first, then Girls
11:30 AM	Shot Put	Girls