

K-BELL TRACK & FIELD CLASSIC
 SATURDAY, MARCH 9, 2019
 WESTMONT HIGH SCHOOL

SCHEDULE OF EVENTS (UPDATED 2/5/2019)

Field Events		
<ul style="list-style-type: none"> • Check in at the event • Start Time: 8:15AM! 	<ul style="list-style-type: none"> • **Rolling start for the Pole Vault. • Top flights go first 	
8:15AM	10:45 AM	1:15 PM
FS HIGH JUMP	VB HIGH JUMP	VG HIGH JUMP
VG DISCUS	FS DISCUS	VB DISCUS
FS SHOT PUT	VB SHOT PUT	VG SHOT PUT
FS LONG JUMP	VB LONG JUMP	VG LONG JUMP
VB TRIPLE JUMP	VG TRIPLE JUMP	FS TRIPLE JUMP
FS POLE VAULT	VB POLE VAULT**	VG POLE VAULT**

Running Events		
<ul style="list-style-type: none"> • Check in opens 2 hours before the event and closes 30 minutes before • Check in at the clerk of the course • Rolling schedule: be ready to run 10 minutes prior to race • Fastest heat goes first: heats go from fastest to slowest • Heat sheets and results will be posted at: FastTimes.me 		
Time	Event	Level
8:00 AM	3200M	FS
8:30 AM	4 X 100M Relay	FS/VG/VB
9:05 AM	High Hurdles	VG/FS/VB
9:50 AM	3200M	VG
10:05 AM	100M	FS/VG/VB
12:20 AM	3200M	VB
12:45 PM	200M	FS/VG/VB
2:45 PM	800M	FS/VG/VB
3:55 PM	400M	FS/VG/VB
5:10 PM	300M Intermediate Hurdles	VG/FS/VB
5:50 PM	1600 M	FS/VG/VB
7:30 PM* (estimated, may be later)	4 x 400 Relay	FS/VG/VB