



**2018-2019 DISTRICT III M&T BANK TRACK & FIELD CHAMPIONSHIPS**  
**Seth Grove Stadium, Shippensburg University**

**Friday, May 17, 2019**

**Preliminaries**

<b>2:00</b>	100m Dash (trials)	2A Girls-3A Girls-2A Boys-3A Boys
<b>2:40</b>	100m Hurdles (trials)	2A Girls-3A Girls
<b>3:00</b>	110m Hurdles (trials)	2A Boys-3A Boys
<b>3:25</b>	200m Dash (trials)	2A Girls-3A Girls-2A Boys-3A Boys
<b>4:15</b>	100m Dash (semi-final)	2A Girls-3A Girls-2A Boys-3A Boys
<b>4:45</b>	100m Hurdles (semi-final)	2A Girls-3A Girls
<b>5:00</b>	110m Hurdles (semi-final)	2A Boys-3A Boys
<b>5:15</b>	200m Dash (semi-final)	2A Girls-3A Girls-2A Boys-3A Girls
<b>5:45</b>	3200m Run (final)	2A Girls-3A Girls-2A Boys - 3A Boys

**Field Events**

<b>1:00</b>	Pole Vault	3A Girls	<b>4:00</b>	High Jump	2A Boys
	Long Jump	2A Boys		Discus	2A Boys
	High Jump	2A Girls		Long jump	2A Girls
	Shot Put	3A Girls		Javelin	2A Girls
	Triple Jump	3A Boys		Shot Put	3A Boys
	Javelin	2A Boys		Pole Vault	3A Boys
	Discus	2A Girls		Triple Jump	3A Girls

**Saturday, May 18, 2019**

**Finals**

<b>9:00</b>	4 x 800m Relay	2A Girls-3A Girls-2A Boys-3A Boys
<b>10:10</b>	100m Hurdles	2A Girls-3A Girls
<b>10:20</b>	110m Hurdles	2A Boys-3A Boys
<b>10:30</b>	100m Dash	2A Girls-3A Girls-2A Boys-3A Boys
<b>10:40</b>	1600m Run	2A Girls-3A Girls-2A Boys-3A Boys
<b>11:10</b>	4 x 100m Relay	2A Girls-3A Girls-2A Boys-3A Boys
<b>11:50</b>	Lunch	
<b>12:10</b>	400m Dash	2A Girls-3A Girls-2A Boys-3A Girls
<b>12:50</b>	300m Hurdles	2A Girls-3A Girls-2A Boys-3A Boys
<b>1:30</b>	800m Run	2A Girls-3A Girls-2A Boys-3A Boys
<b>2:10</b>	200m Dash	2A Girls-3A Girls-2A Boys-3A Boys
<b>2:30</b>	4x400m Relay	2A Girls-3A Girls-2A Boys-3A Boys

**Field Events**

<b>9:00</b>	Triple Jump	2A Boys	<b>12:00</b>	Shot Put	2A Boys
	Javelin	3A Boys		Triple Jump	2A Girls
	Pole Vault	2A Girls		Discus	3A Boys
	Long Jump	3A Boys		High Jump	3A Boys
	Discus	3A Girls		Pole Vault	2A Boys
	High Jump	3A Girls		Long Jump	3A Girls
	Shot Put	2A Girls		Javelin	3A Girls

