

**MUDECAS JH TRACK & FIELD CHAMPIONSHIPS**  
**FREEMAN HIGH SCHOOL**  
**APRIL 9, 2022**

**8:00** Scratch Meeting in the HS Commons. We will allow changes, but no additions

**9:00** Field Events - **Prelims- Followed by finals, Top 8 marks qualify for finals**

Boys Shot Put followed by Boys Discus

Girls Discus followed by Girls Shot Put

Girls High Jump followed by Boys High Jump

Boys Pole Vault followed by Girls Pole Vault

Boys Long Jump followed by Girls Long Jump

Girls Triple Jump followed by Boys Triple Jump

**12:00** Running Events - Prelims, Followed by Finals- Top 8 TIMES qualify for finals

Girls 3200 Meter Relay Finals

Boys 3200 Meter Relay Finals

Girls 100 Meter Hurdles (30") Prelims

Boys 100 Meter Hurdles (33") Prelims

Girls 100 Meter Dash Prelims

Boys 100 Meter Dash Prelims

Girls 400 Meter Dash Finals

Boys 400 Meter Dash Finals

Girls 1600 Meter Run Finals

Boys 1600 Meter Run Finals

Girls 200 Meter Dash Prelims

Boys 200 Meter Dash Prelims

Break (20-30 minutes)

Girls 100 Meter Hurdles (30") Finals

Boys 100 Meter Hurdles (33") Finals

Girls 100 Meter Dash Finals

Boys 100 Meter Dash Finals

Girls 800 Meter Run Finals

Boys 800 Meter Run Finals

Girls 200 Meter Hurdles (30") Finals

Boys 200 Meter Hurdles (30") Finals

Girls 200 Meter Dash Finals

Boys 200 Meter Dash Finals

Girls 400 Meter Relay Finals

Boys 400 Meter Relay Finals

Girls 1600 Meter Relay Finals

Boys 1600 Meter Relay Finals