



CIF-SS FORD MASTERS MEET

TIME SCHEDULE – El Camino College – Saturday, May 18, 2019 *Gates open at 9:30 am for spectators

RUNNING EVENTS

Note: The time schedule will be adhered to within a 3 - 5 minute window.

Unified Girls 400m Relay	12:45	Girls 100m	2:21
Unified Boys 400m Relay	12:52	Boys 100m	2:27
Girls 400m Relay	1:00	Girls 800m	2:34
Boys 400m Relay	1:08	Boys 800m	2:41
Girls 1600	1:17	Girls 300m LH	2:50
Boys 1600	1:28	Boys 300m IH	2:57
Girls 100m HH	1:40	Girls 200m	3:05
Boys 110m HH	1:47	Boys 200m	3:12
Girls 400m	1:55	Girls 3200	3:20
Boys 400m	2:02	Boys 3200	3:37
Unified Girls 100m	2:09	Girls 1600m Relay	3:52
Unified Boys 100m	2:15	Boys 1600m Relay	4:02

FIELD EVENTS - Warm-ups may begin at 10:30 am except as noted below.

BOYS DISCUS - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

GIRLS DISCUS - To follow boys

Note: Discus must be weighed and measured at the Field House prior to competition ALL athletes must be dressed in a proper, school issued, track uniform.

GIRLS SHOT PUT - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

BOYS SHOT PUT - To follow girls

Note: Athletes must provide their own shots. Shots must be engraved with the appropriate weight. ALL athletes must be dressed in a proper, school issued, track uniform.

BOYS LONG JUMP - 11:30 a.m. (Warmups may begin at 10:30 a.m.) – East Pit

GIRLS LONG JUMP – 11:30 a.m. (Warmups may begin at 10:30 a.m.) – West Pit

UNIFIED GIRLS LONG JUMP – 11:30 p.m. (Warmups may begin at 10:30 a.m.) -Southeast pit

UNIFIED BOYS LONG JUMP – to follow Unified girls in Southeast pit

GIRLS TRIPLE JUMP – To follow long jump (Warmups may begin at 10:30 a.m.)

BOYS TRIPLE JUMP – To follow long jump (Warmups may begin at 10:30 a.m.)

ALL athletes must be dressed in a proper, school issued, track uniform.

GIRLS HIGH JUMP - 11:30 a.m. (Warmups may begin at 10:30 a.m.)

BOYS HIGH JUMP - To follow girls

ALL athletes must be dressed in a proper, school issued, track uniform.

GIRLS POLE VAULT - 10:30 a.m. (Warmups may begin at 9:45 a.m.)

BOYS POLE VAULT - To follow girls

Note: All pole vaulter's weight and pole must be certified by the COACH at the Field Event Clerk gate at the west side of the stadium prior to the event. ALL athletes must be dressed in a proper, school issued, track uniform

QUALIFYING STANDARDS - MASTERS MEET INTO THE STATE MEET

The top six (6) finishers in each event will advance to the State Meet at Buchanan High School in Clovis on Friday and Saturday, May 24 and 25, 2019. At-Large entries will be accepted into the State Meet. See the State Meet Advance Bulletin for marks and information regarding the State Track Meet - www.cifstate.org

