

ALTOONA MT. LION TRACK & FIELD CLASSIC

Time Schedule - 2023

CLASS AA-AAA

For all running events: AA Girls will be first, followed by AAA Girls; then, AA Boys followed by AAA boys.

**1:30	100m Dash Girls 100m Low Hurdles; Boys 110m High Hurdles 4X800m Relay 200m Dash	Trials* Trials* Finals Trials*
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***Finalists will advance by F.A.T. timing.**

**There will be a 30 minute break between the trials and finals.
Finals will begin at approximately 5:00.**

5:00 Approx.	100m Low Hurdles, 110m High Hurdles 100m Dash 1600m Run 4X100m Relay 400m Dash 300m Intermediate Hurdles 800m Run 200m Dash 3200m Run 4X400m Relay	Finals
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FIELD EVENTS: TRIALS AND FINALS

3:30	Long Jump Pit I (south)	Boys AAA, then Girls AAA
3:30	Long Jump Pit II (north)	Boys AA, then Girls AA
3:30	Triple Jump Pit I (south)	Girls AAA, then Boys AAA
3:30	Triple Jump Pit II (north)	Girls AA, then Boys AA
3:30	High Jump Pit I (south)	Girls AAA, then Boys AAA
3:30	High Jump Pit II (north)	Girls AA, then Boys AA
**12:30 / 5:00 Approx	Pole Vault	B&G AA then B&G AAA
**12:30	Shot Put	Boys AA, then Boys AAA
**12:30	Discus	Girls AA, then Girls AAA
**12:30	Javelin	Girls AAA, then Girls AA
		Boys AA, then Boys AAA
		Boys AAA, then Boys AA
		Girls AAA, then Girls AA

*****Please note the time.***

PLEASE NOTE: Girls' AAA Discus, Boys' AAA Javelin, Boys' AA Shot Put, & B&G AA PV start at 12:30.

Track Trials start at 1:30.

Coaches MUST HELP with these events until our officials arrive. Volunteer at the coaches meeting!!!