

2021 FRC Track & Field Championships

Pacific High School - Monday, May 3, 2021

SCHEDULE OF EVENTS

8:45 - Coaches Meeting

FIELD EVENTS

| | | | |
|------|--|-------|--|
| 9:30 | GIRLS– Discus (JV followed by Varsity) | 11:30 | GIRLS– Shot Put (JV followed by Varsity) |
| | BOYS– Shot Put (JV followed by Varsity) | | BOYS– Discus (JV followed by Varsity) |
| | GIRLS– High Jump (JV followed by Varsity) | | GIRLS– Pole Vault (JV followed by Varsity) |
| | BOYS - Javelin (Varsity followed by JV) | | GIRLS - Javelin (Varsity followed by JV) |
| | BOYS– Pole Vault (JV followed by Varsity) | | BOYS– High Jump (JV followed by Varsity) |
| | BOYS- Long Jump (All Divisions– 2 Hours – Cafeteria Style, Varsity <i>Finals</i> – 1Hour) | 12:30 | GIRLS - Long Jump (All Divisions – 2 Hours – Cafeteria Style, Varsity <i>Finals</i> – 1Hour) |
| | GIRLS - Triple Jump (All Divisions – 2 Hours – Cafeteria Style, Varsity <i>Finals</i> – 1Hour) | | BOYS-- Triple Jump (All Divisions– 2 Hours – Cafeteria Style, Varsity <i>Finals</i> – 1Hour) |

RUNNING EVENTS

| | | | |
|---------------------------------|---------------------------------------|------|------------------------------------|
| 10:00 | Varsity GIRLS- 100m Hurdles - Prelims | 1:55 | 4 x 100m Relay - JV GIRLS |
| 10:05 | Varsity BOYS- 110m Hurdles - Prelims | 2:00 | 4 x 100m Relay - Varsity GIRLS |
| 10:20 | Varsity GIRLS- 100m Dash - Prelims | 2:05 | 4 x 100m Relay - JV BOYS |
| 10:25 | Varsity BOYS- 100m Dash - Prelims | 2:10 | 4 x 100m Relay - Varsity BOYS |
| 10:40 | 3200m Run - JV GIRLS and JV Boys | 2:15 | 400m Dash - JV GIRLS |
| 11:00 | Varsity GIRLS - 200m Dash - Prelims | 2:25 | 400m Dash - Varsity GIRLS |
| 11:05 | Varsity BOYS - 200m Dash - Prelims | 2:35 | 400m Dash - JV BOYS |
| **** B R E A K – 30 Minutes**** | | 2:45 | 400m Dash - Varsity BOYS |
| 11:40 | 4 x 800m Relay – GIRLS (JV & Varsity) | 2:55 | 300m Hurdles - JV GIRLS |
| 11:55 | 4 x 800m Relay – BOYS (JV & Varsity) | 3:00 | 300m Hurdles - Varsity GIRLS |
| 12:10 | JV GIRLS – 100m Hurdles - FINALS | 3:05 | 300m Hurdles - JV BOYS |
| 12:15 | Varsity GIRLS – 100m Hurdles - FINALS | 3:10 | 300m Hurdles - Varsity BOYS |
| 12:25 | JV BOYS– 110m Hurdles - FINALS | 3:15 | 800m Run - JV GIRLS |
| 12:30 | Varsity BOYS– 110m Hurdles - FINALS | 3:20 | 800m Run - Varsity GIRLS |
| 12:35 | JV GIRLS– 100m Dash- FINALS | 3:25 | 800m Run - JV BOYS |
| 12:40 | Varsity GIRLS – 100m Dash - FINALS | 3:30 | 800m Run - Varsity BOYS |
| 12:45 | JV BOYS – 100m Dash - FINALS | 3:35 | JV GIRLS – 200m Dash – FINALS |
| 12:50 | Varsity BOYS – 100m Dash - FINALS | 3:40 | Varsity GIRLS - 200m Dash – FINALS |
| 12:55 | 4 x 200m Relay – JV GIRLS | 3:45 | JV BOYS - 200m Dash – FINALS |
| 1:00 | 4 x 200m Relay – Varsity GIRLS | 3:50 | Varsity BOYS - 200m Dash – FINALS |
| 1:05 | 4 x 200m Relay –JV BOYS | 3:55 | 3200m Run – Varsity GIRLS |
| 1:10 | 4 x 200m Relay – Varsity BOYS | 4:10 | 3200m Run – Varsity BOYS |
| 1:15 | 1600m Run - JV GIRLS | 4:25 | 4 X 400m Relay - JV GIRLS |
| 1:25 | 1600m Run - Varsity GIRLS | 4:30 | 4 X 400m Relay - Varsity GIRLS |
| 1:35 | 1600m Run - JV BOYS | 4:35 | 4 X 400m Relay - JV BOYS |
| 1:45 | 1600m Run - Varsity BOYS | 4:40 | 4 X 400m Relay - Varsity BOYS |

