

# 2014 Track and Field State Championships

## 3A Schedule of Events

Date: May 16

Place: North Carolina A&T State University in Greensboro, NC

**1:00 PM**      **Gates Open for Teams**  
**2:00 PM**      **Gates Open for Spectators**  
**1:45 PM**      **Officials' Meeting**  
**2:00 PM**      **Implement Weigh-Ins**  
**2:00 PM**      **Pole Vault Certifications**  
**2:15 PM**      **Coaches' Meeting**  
**2:25 PM**      **Athletes' Meeting**

**3 PM**              **FIELD EVENTS**  
Pole Vault: Men and Women, contested simultaneously  
High Jump: Women, followed by Men  
Discus Throw: Women, followed by Men  
Shot Put: Men, followed by Women  
Women's Long Jump, followed by Women's Triple Jump  
Men's Long Jump, followed by Men's Triple Jump

**3:30 PM**              **RUNNING EVENTS**  
4X800 Relay Finals – W  
4X800 Relay Finals – M

**4:00 PM**              **SEMI-FINALS**  
100 Meter High Hurdles – M  
110 Meter High Hurdles – W  
100 Meter Dash – M  
100 Meter Dash – W

\*Advancement from Semi-Finals to Finals: Top 2  
of each heat, plus next 4 fastest times

**4:30 PM**              **DINNER BREAK**

**5:00 PM**              **FINALS**  
100 Meter High Hurdles – W  
110 Meter High Hurdles – M  
100 Meter Dash – W  
100 Meter Dash – M  
4X200 Relay – W  
4X200 Relay – M  
1600 Meter Run – W  
1600 Meter Run – M  
4X100 Relay - W  
4X100 Relay – M  
400 Meter Dash – W  
400 Meter Dash – M  
300 Meter Int. Hurdles – W  
300 Meter Int. Hurdles – M  
800 Meter Run – W  
800 Meter Run - M  
200 Meter Dash – W  
200 Meter Dash – M  
3200 Meter Run – W  
3200 Meter Run – M  
4X400 Relay – W  
4X400 Relay – M  
Awards Ceremony

*Times are listed for the beginning of each section of the meet. (For planning purposes, allow 10 minutes between each running event in the finals.) We will move ahead if the schedule allows; however, we will not move ahead more than 30 minutes. Times may vary if there are wheelchair participants in certain events.*