

**2019 NFL TRACK & FIELD CHAMPIONSHIPS
HOSTED BY LEWISTON-PORTER HIGH SCHOOL
ORDER OF EVENTS**

WEDNESDAY, MAY 22

3:30 COACHES MEETING

4:00 START

PENT. HURDLES	G-FINAL	DISCUS	B-FINAL
100M HIGH HURDLES	G-TRIALS	SHOT PUT	G-FINAL
PENT. HURDLES	B-FINAL	LONG JUMP	B/G-FINAL
110M HIGH HURDLES	B-TRIALS	POLE VAULT	B-FINAL
400M	G/B TRIALS		
100M	G/B TRIALS	PENT. HIGH JUMP	GIRLS
800M	B-FINAL	PENT. SHOT PUT	GIRLS
800M	G-FINAL		
400M INT. HURDLES	G/B TRIALS	PENT. SHOT PUT	BOYS
3000M	G-FINAL	PENT. HIGH JUMP	BOYS
3200M	B-FINAL		
200M	G/B TRIALS		

THURSDAY, MAY 23

3:30 COACHES MEETING

4:00 START

2000M STEEPLECHASE	G-FINAL	HIGH JUMP	B-FINAL
3000M STEEPLECHASE	B-FINAL	HIGH JUMP	G-FINAL
100 HIGH HURDLES	G-FINAL	*** TO FOLLOW BOYS HJ ***	
110 HIGH HURDLES	B-FINAL		
400M	G/B FINAL	DISCUS	G-FINAL
100M	G/B FINAL	SHOT PUT	B-FINAL
1500M	G-FINAL	POLE VAULT	G-FINAL
1600M	B-FINAL		
400 INT. HURDLES	G/B FINAL	PENT. LONG JUMP	B/G FINAL
***PENT. 800M	G-FINAL	TRIPLE JUMP	B/G FINAL
***PENT. 1500M	B-FINAL	*** TO FOLLOW PENT. LJ ***	
200M	G/B FINAL		
3200M RELAY	G/B FINAL		
400M RELAY	G/B FINAL		
1600M RELAY	G/B FINAL		