

Los Altos Track and Field

Schedule of Events

During Standard Time, meets start at 3:15 p.m.
 During Daylight Savings Time, meets start at 3:30 p.m.

All times are approximate - listen for meet announcer for actual event starts

Running Events

#	Event	Time (3:15)	Time (3:30)	Order
1	4x100m Relay	3:15 p.m.	3:30 p.m.	VG - VB - JVG - FSB
2	1600m	3:20 p.m.	3:35 p.m.	VG - VB - JVG - FSB
3	Hurdles (110m/65m/100m)	3:45 p.m.	4:00 p.m.	VG - JVG - VB - FSB
4	400m	4:20 p.m.	4:35 p.m.	VG - VB - JVG - FSB
5	100m	4:35 p.m.	4:50 p.m.	VG - VB - JVG - FSB
6	800m	4:50 p.m.	5:05 p.m.	VG - VB - JVG - FSB
7	300m Hurdles	5:10 p.m.	5:25 p.m.	VG - JVG - VB - FSB
8	200m	5:30 p.m.	5:45 p.m.	VG - VB - JVG - FSB
9	3200m	5:45 p.m.	6:00 p.m.	VG/VB/JVG/FSB Combined
10	4x400m Relay	6:00 p.m.	6:15 p.m.	JVG - FSB - VG - VB

Field Events - Start times are approximate. Events will be announced.

	High Jump	Shot Put	Discus	Long Jump	Triple Jump
3:15/3:30	JVG	VB	VG	VB	VG
4:00/4:15	VG	JVG	FSB	JVG	FSB
4:45/5:00	FSB	VG	VB	VG	VB
5:30/5:45	VB	FSB	JVG	FSB	JVG