

**Wahoo Track**  
**From the Desk of Coach Shannon**

*"To stand apart from the competition, you must first stand together as a team."*



**B1 Districts @ Ft. Calhoun** (May 8th, 2008)

**Field Events**

10:00AM	Boys – Shot Put	Girls – Discus
	Boys – Triple Jump	Girls – Long Jump
		Girls – High Jump
11:30AM	Boys – Discus	Girls – Shot Put
	Boys – Long Jump	Girls – Triple Jump
	Boys – High Jump	

**Running Events (Preliminaries)** – Girls events run FIRST followed by boys!

1:00PM	3200m Relay (Finals)
1:25PM	100m High Hurdles (Girls)
	110m High Hurdles (Boys)
1:50PM	100m Dash
2:10PM	400m Dash (Finals)
2:45PM	3200m Run (Finals)
3:15PM	200m Dash

\*Approximately 45min Break

**Running Events (Finals)**

4:30PM	100m High Hurdles (Girls)
	110m High Hurdles (Boys)
4:45PM	100m Dash
4:55PM	800m Run
5:15PM	300m Low Hurdles (Girls)
	300m Intermediate Hurdles (Boys)
5:40PM	200m Dash
5:50PM	1600m Run
6:15PM	400m Relay
6:30PM	1600m Relay