**Helena Small Schools Track Meet**

**Athletic Director Tim McMahon Helena & Capital Track & Field**

**Vigilante Stadium at Helena Middle School**

**3:30 Start time for field, 3:45 start time for track (approximate time schedule – if we get ahead we will stay ahead)**

3:45 110 M. Hurdles Boys 3:30 Pole Vault - Girls Start 5’06

3:55 100 M. Hurdles Girls Pole Vault - Boys

4:05 100 M. Dash Boys Discus – Girls

4:30 100 M. Dash Girls High Jump - Girls Start 3’10-3’11

4:55 1600 M. Run Boys Shot Put - Boys

5:05 1600 M. Run Girls Javelin - Boys

5:20 4 x 100 M. Relay Boys Long Jump - Boys

5:30 4 x 100 M. Relay Girls Long Jump - Girls

5:35 400 M. Dash Boys

5:45 400 M. Dash Girls 4:45 Discus - Boys

5:55 300 M. Hurdles Boys Shot Put - Girls

6:05 300 M. Hurdles Girls High Jump - Boys

6:15 800 M. Run Boys

6:25 800 M. Run Girls 5:00 Triple Jump - Boys

6:40 200 M. Dash Boys Javelin - Girls

6:55 200 M. Dash Girls Triple Jump - Girls

7:10 3200 M. Run (run B&G together)

7:20 4 x 400 M. Relay Boys

7:30 4 x 400 M. Relay Girls

**Please make sure your roster is complete on athletic.net**

Unlimited entries

Boys first followed by Girls

Capital High odd lanes Visitor even lanes

Helena High even lanes Visitor odd lanes

In the throwing events and long/triple events, athletes will have 3 trials, no finals. We will peg the throws in javelin, shot & discus.