



NORTH COAST SECTION TRACK & FIELD CHAMPIONSHIPS

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2024 REDWOOD EMPIRE TRACK & FIELD CHAMPIONSHIP GUIDE

Track & Field Coaches are responsible for reading this championship guide in its entirety, paying close attention to the **deadline for entries**. New items (2024) are highlighted in **BLUE**

SATURDAY, MAY 11, 2024 at SANTA ROSA JR. COLLEGE

CO-MEET DIRECTORS

Host League: NBL
Greg Fogg (Maria Carrillo HS)
Email: greg.fogg@comcast.net

Kevin Lacefield (Montgomery HS)
Email: kevin@kelmapping.com

Redwood Empire Area Leagues: MCAL, HDNL, NBL, VVAL, Lower Lake HS

CHAMPIONSHIP SITE

SANTA ROSA JR. COLLEGE
1501 Mendocino Ave.

Santa Rosa, CA 95401
Site Director/Meet Referee: David Wellman
Email: dwellman@santarosa.edu

TIME SCHEDULE: All event competitors should report 30 minutes before scheduled start time.

DISCUS COMPETITION WILL BE HELD AT SANTA ROSA HIGH SCHOOL

FIELD EVENTS:

9:00 am

Boys Long Jump (Pit 1)
Girls Triple Jump (Pit 2)
Girls Shot Put
Boys Discus (at SRHS)
Boys High Jump
Boys Pole Vault

11:45 am

Unified Shot Put
Girls Discus (at SRHS)
Girls High Jump
Unified Long Jump (Pit 2)

12:45 pm

Boys Triple Jump (Pit 1)
Girls Long Jump (Pit 2)
Boys Shot Put
Girls Pole Vault

RUNNING EVENTS:

9:15 a.m. Boys UNIFIED 4x100 Relay
9:30 a.m. Girls UNIFIED 4x100 Relay
10:00 a.m. Girls 4 x 100 Relay
10:12 a.m. Boys 4 x 100 Relay
10:24 a.m. Girls 1600
10:40 a.m. Boys 1600
10:56 a.m. Girls 100 Hurdles
11:09a.m. Boys 110 Hurdles
11:23 a.m. Girls 400
11:35 a.m. Boys 400
11:50 a.m. Girls UNIFIED 100
12:00 p.m. Boys UNIFIED 100
12:10 p.m. Girls 100
12:22 p.m. Boys 100

12:34 p.m. Girls 800
12:44 p.m. Boys 800
12:58 p.m. Girls 300 Hurdles
1:10 p.m. Boys 300 Hurdles
1:22 p.m. Girls 200
1:34 p.m. Boys 200
1:46 p.m. Girls 4x800 Relay
2:02 p.m. Boys 4x800 Relay
2:16 p.m. Girls 3200
2:30 p.m. Boys 3200

2:42 p.m. Girls 4 x 400 Relay
3:14 p.m. Boys 4 x 400 Relay
3:38 p.m. Track Events Completed