

METRO WEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

Waconia High School

Wednesday, May 14th

1:15 Coach's Meeting (Scratch/Seubstitution due to the clerk by 1:00)

Implement weigh-in & inspection 12:15 – 1:00

Field Session 1 (1:30 – 3:30)

Boys Discus	Girls Shot Put
Boys High Jump	Girls Pole Vault
Boys Long Jump	Girls Triple Jump

Field Session 2 (4:00 – 6:00)

Boys Shot Put	Girls Discus
Boys Pole Vault	Girls High Jump
Boys Triple Jump	Girls Long Jump

Running Finals

Report Time

2:00	Girls 4 x 800m Relay	Final	1:45
2:15	Boys 4 x 800m Relay	Final	2:00
2:30	Girls 100m Hurdles	Final (3)	2:15
2:40	Boys 110m Hurdles	Final (3)	2:20
2:55	Girls 100m Dash	Final (3)	2:40
3:05	Boys 100m Dash	Final (3)	2:50
3:20	Girls 4 x 200m Relay	Final	3:05
3:25	Boys 4 x 200m Relay	Final	3:15
3:35	Girls 1600m Run	Final (2)	3:25
3:50	Boys 1600m Run	Final (2)	3:35
4:05	Girls 4 x 100m Relay	Final	3:50
4:10	Boys 4 x 100m Relay	Final	4:00
4:20	Girls 400m Dash	Final (3)	4:10
4:30	Boys 400m Dash	Final (3)	4:20
4:45	Girls 300m Hurdles	Final (3)	4:30
4:55	Boys 300m Hurdles	Final (3)	4:45
5:10	Girls 800m Run	Final (3)	5:00
5:25	Boys 800m Run	Final (3)	5:10
5:40	Girls 200m Dash	Final (3)	5:20
5:45	Boys 200m Dash	Final (3)	5:30
6:00	Girls 3200m	Final	5:45
6:15	Boys 3200m	Final	6:00
6:30	Girls 4 x 400m Relay	Final	6:15
6:35	Boys 4 x 400m Relay	Final	6:25

LJ, TJ & Throws Flight Times

Field Session 1

Flight 1	1:30 – 1:50
Flight 2	2:00 – 2:20
Flight 3	2:30 – 2:50
Finals	3:00

Field Session 2

Flight 1	4:00 – 4:20
Flight 2	4:30 – 4:50
Flight 3	5:00 – 5:20
Finals	5:30

Running Finals: All finals run in sections shall be slowest to fastest.

(revised 4/9/2025)