

2019 Avocado West League Finals Schedule (Tentative)

Track Event	Start Time		Start Time	Field Event
G 4x100	10:00 AM		8:00 AM	Field Events Available for Warm-up
B 4x100	10:06 AM			Weigh-in starts for throwing implements
G 1600 H1	10:12 AM			
G 1600 H2	10:18 AM		9:00 AM	Boys Long Jump (north runway)
B 1600 H1	10:26 AM			Girls Long Jump (south runway)
B 1600 H2	10:34 AM			Boys Pole Vault Check-in & Warmup
G 100mH H1	10:44 AM			Girls High Jump
G 100mH H2	10:47 AM			Boys Shot
G 100mH H3	10:50 AM			Girls Discus
B 110mH H1	10:56 AM			
B 110mH H2	10:59 AM		9:30	Girls Pole Vault Check-in & Warmup
B 110mH H3	11:02 AM			
G 400m H1	11:08 AM		9:45	Boys Pole Vault Check-In completed
G 400m H2	11:12 AM			
G 400m H3	11:16 AM		10:00AM	Boys Pole Vault
B 400m H1	11:20 AM			
B 400m H2	11:24 AM		10:15 AM	Girls Pole Vault Check-in Completed
B 400m H3	11:28 AM			
G 100m H1	11:34 AM		10:30 AM	Girls Pole Vault (south runway)
G 100m H2	11:37 AM			
G 100m H3	11:40 AM		11:15 AM	Boys High Jump
B 100m H1	11:43 AM			Boys Triple Jump (west runway)
B 100m H2	11:46 AM			Girls Triple Jump (east runway)
B 100m H3	11:49 AM			Boys Discus
G 800m H1	11:55 AM			Girls Shot
G 800m H2	12:00 PM			
B 800m H1	12:05 PM			
B 800m H2	12:10 PM			
G 300mH H1	12:15 PM			
G 300mH H2	12:22 PM			
G 300mH H3	12:25 PM			
B 300mH H1	12:31 PM			
B 300mH H2	12:34 PM			
B 300mH H3	12:37 PM			
G 200m H1	12:43 PM			
G 200m H2	12:46 PM			
G 200m H3	12:49 PM			
B 200m H1	12:52 PM			
B 200m H2	12:55 PM			
B 200m H3	12:58 PM			
G 3200m	1:04 PM			
B 3200m	1:22 PM			
G 4x400m	1:37 PM			
B 4x400m	1:43 PM			