



Track & Field Detailed Schedule

Ladue Horton Watkins High School

For each event, females go first, oldest to youngest. Males will follow, oldest to youngest. These are approximate starting times. Please arrive 15 minutes prior to the start of your event.

Sunday, May 31

Track Schedule

8am	1500 Meter Run
9am	400 Meter Run
10am	100 Meter Race
11am	1500 Meter Race Walk
11:45am	200 Meter Dash
12:30pm	800 Meter Dash
1:15pm	50 Meter Dash
2pm	4 x 100 Relay

Field Schedule

For events with designated start and end times, please report to and complete event during allotted time frame. Practice for jumps will only be allowed during practice times listed below.

8-8:40am	High Jump (M 50-64)
8:40-9:20am	High Jump (M 65+)
9:40-10am	High Jump (W All)
8:30-9:45am	Shot Put (All)
9:45-10:30am	Discus (All)
10:30-11:30am	Javelin (All)
8:30-11:30am	Pole Vault (All)

Running Long Jump (All), Standing Long Jump (All), Triple Jump (All)	
8-8:30am	Practice
8:30-9:45am	Compete
9:45-10:15am	Practice
10:15-11:30am	Compete



Swimming Detailed Schedule

The J in Chesterfield

For each event, females go first, oldest to youngest. Males will follow, oldest to youngest. These are approximate starting times. Please arrive 15 minutes prior to the start of your event.

Saturday, May 23

2pm	200-yard Freestyle
2:20pm	50-yard Butterfly
2:40pm	100-yard Breaststroke
3pm	100-yard Backstroke
3:20pm	100-yard IM
3:40pm	50-yard Freestyle
4pm	4x50 Free Relay

Sunday, May 24

2pm	200-yard Breaststroke
2:20pm	50-yard Backstroke
2:40pm	100-yard Butterfly
3pm	100-yard Freestyle
3:20pm	200-yard IM
4pm	200-yard Backstroke
4:20pm	500-yard Freestyle