

2025 WEST CENTRAL DISTRICT 3 / SOUTHWEST DISTRICT 4 3A & 4A TRACK & FIELD CHAMPIONSHIPS

French Field, Kent, WA

Day #1 - Wednesday, May 21st

Session #1 - Field Events

2:00 4A Boys Javelin
2:00 4A Boys Long Jump
2:00 3A Girls Triple Jump
2:00 4A Girls High Jump
2:00 3A Girls Shot Put
2:00 3A Boys Pole Vault
2:00 3A Boys Discus
2:00 AMB/WC Throws (in stadium)

Session #2 – Field Events

4:30 3A Girls Javelin
4:30 4A Girls Long Jump
4:30 3A Boys Triple Jump
4:30 4A Boys High Jump
4:30 3A Boys Shot Put
4:30 4A Girls Pole Vault
4:30 4A Girls Discus

Session #3 - Running Events

4:00 3A Girls 4x200m Relay
4A Girls 4x200m Relay
4:25 3A Boys 1600m Run
4:35 3A Boys 110m High Hurdles
4A Boys 110m High Hurdles
3A Girls 100m Intermediate Hurdles
4A Girls 100m Intermediate Hurdles
5:15 4A Boys 1600m Run
5:30 3A Boys 100m Dash
4A Boys 100m Dash
3A Girls 100m Dash
4A Girls 100m Dash
Co-Ed WC/Ambulatory/Unified 100m
6:10 3A Girls 1600m Run
6:20 3A Boys 4x100m Relay
4A Boys 4x100m Relay
3A Girls 4x100m Relay
4A Girls 4x100m Relay
Coed 4x100m Relay Unified
6:50 4A Girls 1600m Run
7:00 3A Boys 400m Run
4A Boys 400M Run
3A Girls 400m Run
4A Girls 400m Run
Co-Ed WC/Ambulatory 400m

Day #2 - Friday, May 23rd

Session #4 - Field Events

2:00 3A Boys Javelin
2:00 3A Boys Long Jump
2:00 4A Girls Triple Jump
2:00 3A Girls High Jump
2:00 4A Girls Shot Put
2:00 4A Boys Pole Vault
2:00 4A Boys Discus
2:00 Co-Ed Unified Shot Put (in stadium)

Session #5 – Field Events

4:30 4A Girls Javelin
4:30 3A Girls Long Jump
4:30 4A Boys Triple Jump
4:30 3A Boys High Jump
4:30 4A Boys Shot Put
4:30 3A Girls Pole Vault
4:30 3A Boys Discus

Session #6 - Running Events

4:00 Coed 800m Sprint Medley Relay Unified
4:10 3A Girls 3200m Run
4A Girls 3200m Run
4:30 3A Boys 300m Low Hurdles
4A Boys 300m Low Hurdles
3A Girls 300m Low Hurdles
4A Girls 300m Low Hurdles
5:20 3A Boys 800m Run
4A Boys 800m Run
3A Girls 800m Run
4A Girls 800m Run
6:10 3A Boys 200m Dash
4A Boys 200m Dash
3A Girls 200m Dash
4A girls 200m Dash
Co-Ed WC/Ambulatory 200m
7:00 3A Boys 3200m Run
4A Boys 3200m Run
7:30 3A Girls 4x400m Relay
4A Girls 4x400m Relay
3A Boys 4x400m Relay
4A Boys 4x400m Relay