

2019 CIFSDS Track & Field Finals Schedule
Mt. Carmel High School Saturday, May 18, 2019

| Running Events | | | Running Events | | | |
|----------------|--|-----------------------|----------------|--------|---------------------------|-------|
| Time | Heat | Event | Time | Heat | Event | |
| 12:00 | B | Girl's 400 Relay | 4:04 | | Boy's Wheelchair 200m | |
| 12:05 | A | Girl's 400 Relay | 4:10 | | Boy's Ambulatory 200m | |
| 12:14 | B | Boy's 400 Relay | 4:16 | A/B | Girl's 3200m | |
| 12:19 | A | Boy's 400 Relay | 4:34 | A/B | Boy's 3200m | |
| 12:28 | B | Girl's 1600m | 4:50 | B | Girl's 1600 Relay | |
| 12:37 | A | Girl's 1600m | 4:58 | A | Girl's 1600 Relay | |
| 12:47 | B | Boy's 1600m | 5:08 | B | Boy's 1600 Relay | |
| 12:55 | A | Boy's 1600m | 5:16 | A | Boy's 1600 Relay | |
| 1:07 | B | Girl's 100 HH | | | | |
| 1:11 | A | Girl's 100 HH | | | | |
| | | | Field Events | | | |
| 1:19 | B | Boy's 110 IH | Time | Flight | Event | Site |
| 1:23 | A | Boy's 110 IH | 10:00 | A/B | Boy's Discus | |
| 1:31 | | Boy's Wheelchair 400m | 10:00 | A/B | Girl's Long Jump | West |
| 1:37 | | Boy's Ambulatory 400m | 10:00 | B | Girl's Long Jump | East |
| 1:43 | B | Girl's 400m | 10:15 | A | Boy's High Jump | North |
| 1:47 | A | Girl's 400m | 10:15 | B | Boy's High Jump | South |
| 1:55 | B | Boy's 400m | 10:30 | A | Girl's Pole Vault | West |
| 1:59 | A | Boy's 400m | 10:30 | B | Girl's Pole Vault | East |
| 2:07 | | Boy's Exhibition 50m | 11:30 | A | Boy's Long Jump | West |
| 2:13 | B | Girl's 100m | 11:30 | B | Boy's Long Jump | East |
| 2:17 | A | Girl's 100m | 12:30 | | Girl's Discus | |
| 2:25 | B | Boy's 100m | 1:00 | A | Girl's High Jump | North |
| 2:29 | A | Boy's 100m | 1:00 | B | Girl's High Jump | South |
| 2:37 | | Boy's Wheelchair 100m | 1:15 | A | Girl's Triple Jump | West |
| 2:44 | | Boy's Ambulatory 100m | 1:15 | B | Girl's Triple Jump | East |
| 2:50 | B | Girl's 800m | 1:30 | A | Boy's Pole Vault | West |
| 2:55 | A | Girl's 800m | 1:30 | B | Boy's Pole Vault | East |
| 3:03 | B | Boy's 800m | 2:00 | A | Boy's Shot Put | North |
| 3:08 | A | Boy's 800m | 2:00 | | Boy's Amb/Wheel Shot Put | North |
| 3:16 | B | Girl's 300 LH | 2:00 | B | Boy's Shot Put | South |
| 3:20 | A | Girl's 300 LH | 2:00 | | Boy's Unified Shot Put | South |
| 3:28 | B | Boy's 300 IH | 2:45 | A | Boy's Triple Jump | West |
| 3:32 | A | Boy's 300 IH | 2:45 | B | Boy's Triple Jump | East |
| 3:40 | B | Girl's 200m | 3:15 | A | Girl's Shot Put | North |
| 3:44 | A | Girl's 200m | 3:15 | | Girl's Amb/Wheel Shot Put | North |
| 3:52 | B | Boy's 200m | 3:15 | B | Girl's Shot Put | South |
| 3:56 | A | Boy's 200m | | | | |
| Note: | Time Schedule is always approximate | | | | | |