



Trabuco Hills High School- 2023 Mustang Roundup

#	Event	Level	Heats	Time	#	Event	Division	Time
1	Girls 1600m Run	Frosh/Soph	4	8:00	113	Pole Vault	Girls OPEN	9:00 AM
2	Girls 1600m Run	Varsity	3	8:35	114	5 Alive	Boys OPEN	to follow
3	Boys 1600m Run	Frosh/Soph	6	9:00	112	High Jump	Boys Varsity	9:00 AM
4	Boys 1600m Run	Varsity	5	9:45	111	5 Alive	Boys F/S	to follow
5	Girls 4x100m Relay	Frosh/Soph	1	10:20	110		Girls Varsity	to follow
6	Girls 4x100m Relay	Varsity	2	10:24	109		Girls F/S	to follow
7	Boys 4x100m Relay	Frosh/Soph	2	10:30	103	Long Jump	Girls Varsity	9:00 AM
8	Boys 4x100m Relay	Varsity	2	10:40	101	2 Pits	Girls F/S	to follow
9	Girls 100m Hurdles	Frosh/Soph	2	10:50	104		Boys Varsity	9:00 AM
10	Girls 100m Hurdles	Varsity	4	10:55	102		Boys F/S	to follow
11	Boys 110m High Hurdles	Frosh/Soph	3	11:05	107	Triple Jump	Girls Varsity	12:00 PM
12	Boys 110m High Hurdles	Varsity	3	11:10	105	2 Pits	Girls F/S	to follow
13	Girls 400m Dash	Frosh/Soph	4	11:20	108		Boys Varsity	12:00 PM
14	Girls 400m Dash	Varsity	5	11:30	106		Boys F/S	to follow
15	Boys 400m Dash	Frosh/Soph	5	11:45	115	Shot Put	Boys Varsity	9:00 AM
16	Boys 400m Dash	Varsity	5	12:00	116	2 pits (if needed)	Boys F/S	to follow
17	Girls 100m Dash	Frosh/Soph	7	12:20	117		Girls Varsity	to follow
18	Girls 100m Dash	Varsity	7	12:30	118		Girls F/S	to follow
19	Boys 100m Dash	Frosh/Soph	9	12:45	119	Discus	Girls Varsity	9:00 AM
20	Boys 100m Dash	Varsity	9	1:05	120	2 pits (if needed)	Girls F/S	to follow
21	Girls 800m Run	Frosh/Soph	3	1:25	121		Boys Varsity	to follow
22	Girls 800m Run	Varsity	3	1:40	122		Boys F/S	to follow
23	Boys 800m Run	Frosh/Soph	4	1:55				
24	Boys 800m Run	Varsity	4	2:15				
25	Girls 300m Hurdles	Frosh/Soph	4	2:30				
26	Girls 300m Hurdles	Varsity	4	2:45				
27	Boys 300m Hurdles	Frosh/Soph	4	3:00				
28	Boys 300m Hurdles	Varsity	4	3:10				
29	Girls 200m Dash	Frosh/Soph	7	3:20				
30	Girls 200m Dash	Varsity	8	3:35				
31	Boys 200m Dash	Frosh/Soph	9	3:50				
32	Boys 200m Dash	Varsity	9	4:10				
33	Girls 3200m Run	Combined	1	4:30				
34	Boys 3200m Run	Combined	1	4:45				
35	Girls 4x400m Relay	Frosh/Soph	1	5:00				
36	Girls 4x400m Relay	Varsity	1	5:10				
37	Boys 4x400m Relay	Frosh/Soph	2	5:15				
38	Boys 4x400m Relay	Varsity	2	5:20				

