

## 2024 Lakota Middle School Invitational Schedule

**Coaches' Meeting 4:15PM** – The meeting will be held at the finish line.

### **Field Events 4:30PM**

Girls Pole Vault

Boys High Jump

Girls Long Jump (4 Jumps/No Finals)

Girls Shot Put (4 Throws/No Finals)

Boys Discus (4 Throws/No Finals)

\*Remaining Field Events will be run upon completion of the others. Use your own implements. We will use the honor system on implements.

### **Running Events (Rolling Schedule) – 5:30PM**

Girls 4x800M Relay

Boys 4x800M Relay

Girls 100M Hurdles

Boys 110M Hurdles

Girls 100M Dash

Boys 100M Dash

Girls 4x200M Relay

Boys 4x200M Relay

Girls 1600M Run

Boys 1600M Run

Girls 4x100M Relay

Boys 4x100M Relay

Girls 400M Dash

Boys 400M Dash

Girls 200M Hurdles

Boys 200M Hurdles

Girls 800M Run

Boys 800M Run

Girls 200M Dash

Boys 200M Dash

Girls 4x400M Relay

Boys 4x400M Relay