LAKOTA TRACK INVITATIONAL 2019
ORDER OF EVENTS

	Event #	**Field Events**
9:00	1	**Girls Pole Vault** (Starting at 6'0", 6'6", 7'0", 7'6", 8'0", 8'6", 9'0", 9'6", 10'0", 10'6", etc.)
	3	**Girls Shot Put** (4 flights, 4 throws, no final)
	11	**Girls Long Jump** (Open pit, 4 jumps, no final)
	8	**Boys High Jump** (5 alive, starting at 5'4", 5'6", 5'8", 5'10", 6'0", 6'1", etc.)
	6	**Boys Discus** (4 flights, 4 throws, no final)
11:00	5	**Girls Discus** (4 flights, 4 throws, no final)
	7	**Girls High Jump** (5 alive, starting at 4'4", 4'6",4'8",4'10",5'0",5'1",etc.)
	2	**Boys Pole Vault** (Starting at 9'0", 9'6", 10'0", 10'6", 11'0", 11'6", 12'0", 12'6", etc.)
	4	**Boys Shot Put** (4 flights, 4 throws, no final)
	12	**Boys Long Jump** (Open pit, 4 jumps, no final)
1:00	10	**Boys Triple Jump** (Open pit, 4 jumps, no final)
3:00	9	**Girls Triple Jump** (Open pit, 4 jumps, no final)
Running Events		
9:00	13	**Girls 4 x 1600m Relay Final**
9:30	14	**Boys 4 x 1600m Relay Final**
10:00	17p	**Girls 100m High Hurdle Semi-finals** (4 heats, 8 fastest times to final) (33" x 10)
10:20	18p	**Boys 110m High Hurdle Semi-finals** (4 heats, 8 fastest times to final) (39" x 10)
10:40	21p	**Girls 100m Dash Semi-finals** (5 heats, 8 fastest times to final)
10:50	22p	**Boys 100m Dash Semi-finals** (5 heats, 8 fastest times to final)
11:00	27p	**Girls 4 x 100m Relay Semi-finals** (2 heats, 8 fastest times to final)
11:10	28p	**Boys 4 x 100m Relay Semi-finals** (2 heats, 8 fastest times to final)
11:20	35p	**Girls 200m Dash Semi-finals** (5 heats, 8 fastest times to final)
11:30	36p	**Boys 200m Dash Semi-finals** (5 heats, 8 fastest times to final)
12:30	15	**Girls 4 x 800m Relay Final**
12:45	16	**Boys 4 x 800m Relay Final**
1:00	17	**Girls 100m High Hurdle Final** (33" x 10)
1:05	18	**Boys 110m High Hurdle Final** (39" x 10)
1:10	19	**Girls 4 x 100m Shuttle Hurdle Relay Finals** (3 heats) (30" x 10)
1:30	20	**Boys 4 x 110m Shuttle Hurdle Relay Finals** (4 heats) (30" x 10)
1:50	21	**Girls 100 m Dash Final**
1:55	22	**Boys 100 m Dash Final**
2:00	23	**Girls 4 x 200m Relay Finals** (2 heats)
2:10	24	**Boys 4 x 200m Relay Finals** (3 heats)
2:20	25	**Girls 1600 m Run Finals** (2 heats)
2:40	26	**Boys 1600 m Run Finals** (2 heats)
2:55	27	**Girls 4 x 100m Relay Final**
3:00	28	**Boys 4 x 100m Relay Final**
3:05	29	**Girls 400m Dash Finals** (4 heats)
3:20	30	**Boys 400m Dash Finals** (5 heats)
3:35	31	**Girls 300m Low Hurdle Finals** (30" x 8) (4 heats)
3:50	32	**Boys 300m Intermediate Hurdle Finals** (36" x 8) (4 heats)
3:55	33	**Girls 800m Dash Finals** (2 heats)
4:05	34	**Boys 800m Dash Finals** (2 heats)
4:15	35	**Girls 200m Dash Final**
4:20	36	**Boys 200m Dash Final**
4:25	37	**Girls 3200m Run Final** (1 heat)
4:45	38	**Boys 3200m Run Final** (1 heat)
5:00	39	**Girls 4 x 400m Relay Finals** (2 heats)
5:10	40	**Boys 4 x 400m Relay Finals** (2 heats)

NOTE: The above race times will be moved up if we are running ahead of schedule. Field events will be held at the specific time listed. The # of heats may vary from above if less athletes sign up. Meet day program will be correct.