



Schedule

4:00 PM Start of Pole Vault –Boys, and High Jump – Girls

4:30 PM Coaches meeting

5:00 PM All other Field events

Pole vault – 2 per school – Boys First – Start at 7'; Girls Second – Start at 6'

High jump – 2 per school – Girls First – Start at 4'3", then 4'6", up 2" from there

Boys Second – Start at 5'3", then 5'6", up 2" from there

Long jump – 3 per school – Two open pits in the North East corner of the stadium

Shot put – 3 per school – Boys first

Discus – 3 per school – Girls first

5:00 PM Running events:

Order of Running Events (Girls First)

Shuttle hurdles (three teams per heat)

Distance Medley (800-400-1200-1600)

Dedication to our honored guest

100/110m hurdles finals - (2 girls/2 boys per school)(Two heats each, finals)

100m finals - (2 girls/2 boys per school)(Two heats each, finals)

4 X 800m

400m (2 girls/2 boys per school)(Two heats each, finals)

4 X 100m

1600 m (2 girls/2 boys per school) (One finals)

Sprint medley (100-100-200-400)

3200m (3 girls/3 boys per school) (One finals)

4 X 400m