ALL CATHOLIC GIRLS MEET SCHEDULE

8:45 a.m. Coaches Meeting

9:00 a.m.

ALL FIELD EVENTS (LONG JUMP IS OPEN PIT)

100m HIGH HURDLE SEMIS (heats against time – top 6 to finals)

100m DASH SEMIS (heats against time – top 6 to finals)

4X800m RELAY

20 MINUTE BREAK: (ALL EVENTS ARE FINAL SECTIONS AGAINST TIME)

100M HURDLE FINAL
100M DASH FINAL
4X200M RELAY
JV 1600M RUN
1600M RUN
JV 4X100
4X100M RELAY
400M DASH
300M LOW HURDLES
800M RUN
200M DASH
3200M RUN
4X400M RELAY