

## **ALL CATHOLIC GIRLS MEET SCHEDULE**

8:45 a.m. Coaches Meeting

9:00 a.m.

FIELD EVENTS

LONG JUMP - OPEN PIT - 90 MINUTES 4 JUMPS NO FINALS

SHOT AND DISCUS 4 THROWS NO FINALS

HIGH JUMP

NO POLE VAULT

9:00 AM

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