

Tentative Schedule of Events:

- 9:00 At Valley Forge High School
Boys Discus (4 trials, 2 and 2, no finals) Girls to follow
Girls Shot Put (4 trials, 2 and 2, no finals) Boys to follow
- 9:30
Girls High Jump, Boys to follow
Boys Long Jump (4 trials, no finals, 3 flights) Girls to follow
Pole Vault (Girls then Boys)
- 11:30
Girls 4 x 800
Boys 4 x 800
Girls 100 Meter Hurdle
Boys 110 Meter Hurdle
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 4 x 200
Boys 4 x 200
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 4 x 100
Boys 4 x 100
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 300-Meter Hurdles
Boys 300-Meter Hurdles
Girls 800 Meter Run (2 sections if needed)
Boys 800 Meter Run (2 sections if needed)
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 3200 Meter Run
Boys 3200 Meter Run
Girls 4 x 400
Boys 4 x 400