

SANDY VALLEY LIDDERDALE  
INVITATIONAL

9:30 A.M. Field Events

Girls discus ( Boys to Follow ) ( three flights )

Boys Shot Put ( Girls to follow ) (three flights )

Girls Long Jump ( Boys to follow )

\*Please note \* LJ preLims will be competed in flights

Top 7 back for Finals ( Shot Put , Discus , Long Jump ) ( best throw/ jump in  
prelims carries over )

Girls Pole Vault ( Boys to follow )

Boys High Jump ( Girls to Follow )

10:30 A.M

Preliminaries ( 4 heats - 6 fastest  
times advance to finals.)

- \_\_\_\_ 1. Girls 100 Meter
- 2. Boys 100 Meter
- 3. **Girls 4x800 Relay ( Finals )**
- 4. Girls 100 Meter Hurdles ( 33" )
- 5. Boys 110 Meter Hurdles ( 39" )
- 6. **Boys 4x800 Relay ( Finals )**
- 7. Girls 200 Meter
- 8. Boys 200 Meter

Finals ( approximately 30 minutes after Boys 200 meters)

- \_\_\_\_ 1. Girls 100 Meter Hurdles
- 2. Boys 110 Meter Hurdles
- 3. Girls 100 Meter
- 4. Boys 100 Meter
- 5. Girls 4x200 Relay ( 2 heats )
- 6. Boys 4x200 Relay ( 2 heats )
- 7. Girls 1600 Meters ( 2 section )
- 8. Boys 1600 Meters ( 2 section )
- 9. Girls 4x100 Relay ( 2 heats )
- 10. Boys 4x100 Relay ( 2 heats )
- 11. Girls 400 Meter ( 4 heats )
- 12. Boys 400 Meter ( 4 heats )

13. Girls 300 M. Hurdles ( 30" ) ( 4 heats )
14. Boys 300 M. Hurdles (36" ) ( 4 heats )
15. Girls 800 Meters ( 2 section )
16. Boys 800 Meters ( 2 section )
17. Girls 200 Meter
18. Boys 200 Meter
19. Girls 3200 Meters ( 1 section )
20. Boys 3200 Meters ( 1 section )
21. Girls 4x400 Relay ( 2 heats )
22. Boys 4x400 Relay ( 2 heats )

**AWARDS ( APPROXIMATELY 20 MINUTES AFTER LAST RACE )**