

WOODARD * RICHARD INVITATIONAL

ORDER OF EVENTS: 4/22/2023

MEET WILL START AT 10:30 AM

2 SCORING ENTRIES PER EVENT *

COACHES MEETING SCHEDULED FOR 9:45 AM

@ FINISH LINE

FIELD EVENTS BEGIN @ 10:30AM

GIRLS HJ * BOYS LJ / GIRLS LJ * BOYS HJ

GIRLS DISCUS * BOYS SHOT PUT / GIRLS SHOT PUT * BOYS DISCUS

GIRLS POLE VAULT * BOYS POLE VAULT

RUNNING EVENTS WILL START AT 11:30 AM

GIRLS 1ST THEN BOYS

ROLLING TIME SCHEDULE / NO PRELIMS

4 X 800

100 HH

110 HH

100M DASH

4 X 200

3200M RUN

4 X 400

LUNCH BREAK 30 MINUTES

4 X 100

1600M RUN

400M RUN

300M IM HURDLES

DMR (800-400-1200-1600)

200M DASH

800M RUN

W*R RELAY (200-200-400-800)