

# Raider Jr. High Track & Field Invite April 13, 2018

## Schedule of Events

### Field Events

4:30pm

Boys Shot Put followed by Girls Shot Put (4 throws, no finals)  
Girls Discus followed by Boys Discus (4 throws, no finals)  
Boys Long Jump followed by Girls Long Jump - 4 jumps, no finals  
Girls High Jump followed by Boys High Jump  
Starting heights for girls 3'8" and boys 4'0"  
Boys Pole Vault followed by Girls Pole Vault  
Starting height for boys 6'0" and girls 5'0"

### Running Events: (Top 8 Times To Finals)

5:00pm - Semis

Girls 100m Hurdles (3 heats)  
Boys 110m Hurdles (3 heats)  
Girls 100m Dash (4 heats)  
Boys 100m Dash (4 heats)  
REQUIRED BREAK  
Girls 200m Dash (4 heats)  
Boys 200m Dash (4 heats)

**Finals: 20 minutes after last semifinal.**

**Finals:**

Girls 100m Hurdles  
Boys 110m Hurdles  
Girls 100m Dash  
Boys 100m Dash  
Girls 1600m Run  
Boys 1600m Run  
Girls 4 x 100m Relay (2 heats)  
Boys 4 x 100m Relay (2 heats)  
Girls 400m Dash (3 heats)  
Boys 400m Dash (4 heats)  
Girls 4 x 200m Relay (2 heats)  
Boys 4 x 200m Relay (2 heats)  
Girls 200m Hurdles (3 heats)  
Boys 200m Hurdles (3 heats)  
Girls 800m Run (2 heats)  
Boys 800m Run (2 heats)  
Girls 200m Dash  
Boys 200m Dash  
Girls 4 x 400m Relay (2 heats)  
Boys 4 x 400m Relay (2 heats)

**Awards should be picked up by the coaches at the conclusion of the meet in the press box.**

**Individual and relay scoring will be: 10, 8, 6, 5, 4, 3, 2, 1.**