

Fredericktown Invitational 2023

4:00 Coaches meeting in Barn

4:30 Field events begin

Shot Put: Girls then boys 4 throws

Discus: Boys then girls 4 throws

Long Jump: Open pit boys (4:30-5:15) and then girls (5:30-6:15)

High jump: Girls then boys

Pole Vault: Combined boys and girls

Approx. 5:50

Senior Recognition

National Anthem

Approx. 6:00 Finals (rolling schedule)

Heats on time, slow to fast

Girls 4x800 relay

Boys 4x800 relay

Girls 100m hurdles

Boys 110m hurdles

Girls 100m dash

Boys 100m dash

Girls 4x200 relay

Boys 4x200 relay

Girls 1600m run

Boys 1600m run

Girls 4x100 relay

Boys 4x100 relay

Girls 400m dash

Boys 400m dash

Girls 300m hurdles

Boys 300m hurdles

Girls 800m run

Boys 800m run

Girls 200m dash

Boys 200m dash

Girls 3200m run

Boys 3200m run

Girls 4x400 relay

Boys 4x400 relay