



## Schedule

4:00 PM Start of Pole Vault –Boys, and High Jump – Girls

4:30 PM Coaches meeting

5:00 PM All other Field events

Pole vault – 2 per school – Boys First – Start at 7'; Girls Second – Start at 6'

High jump – 2 per school – Girls First – Start at 4'3", then 4'6", up 2" from there

Boys Second – Start at 5'3", then 5'6", up 2" from there

Long jump – 3 per school – there are two runways in the North East end of the stadium

Shot put – 3 per school – Boys first

Discus – 3 per school – Girls first

5:00 PM Running events:

### **Order of Running Events** (Girls First)

Distance Medley (800-400-1200-1600)

Then prelims:

100m/110m hurdles prelims (3 girls/3 boys per school)

*The top two places and next two best times advance to the finals*

100m prelims (2 girls/2 boys per school)

*The top four places will advance to the finals*

Dedication to our honored guest

100/110m hurdles finals

100m finals

4 X 800m

400m (2 girls/2 boys per school)(Two heats each, finals)

4 X 100m

1600 m (2 girls/2 boys per school) (One finals)

Sprint medley (100-100-200-400)

Throwers Relay 4 x 100 – yes this scores too!

3200m (3 girls/3 boys per school) (One finals)

4 X 400m

### Scoring

Scoring to eight places– 10-8-6-5-4-3-2-1