

2019
Big OX Invitational
(estimated time schedule)

Time	Event	
9:00	Coaches Meeting	
	NATIONAL ANTHEM & PRAYER	
9:30	Girls discus with Boys to follow Boys shot with Girls to follow Girls pole vault with Boys to follow Boys high jump with girls to follow Boys and Girls long jump (2 pits)	
10:00	100m / 110m Hurdle Preliminaries	3 heats of Girls then 3 heats of Boys
10:25	Boys 3200m	1 heat of boys
10:40	100m Preliminaries	4 heats of Girls then 4 heats of Boys
11:10	Girls 4 x 800m relay	1 heat of girls
11:25	200m Preliminaries	4 heats of Girls then 4 heats of Boys
12:05	Boys 4 x 800m relay	1 heat of boys
12:20	100m / 110m Hurdle FINALS	1 heat of Girls then 1 heat of Boys
12:35	100m FINALS	1 heat of Girls then 1 heat of Boys
12:45	4 x 200m relay	2 heats of Girls then 2 heats of Boys
1:05	1600m	1 heat of Girls then 1 heat of Boys
1:35	4 x 100m relay	2 heats of Girls then 2 heats of Boys
2:05	400m	4 heats of Girls then 4 heats of Boys
2:35	300m Intermediate Hurdles	4 heats of Girls then 4 heats of Boys
3:05	800m	1-2 Heats of Girls then 1-2 heats of Boys
3:30	200m FINALS	1 heat of Girls then 1 heat of Boys
3:45	Girls 3200m	1 heat of Girls
4:05	4 x 400m relay	2 heats of Girls then 2 heats of Boys
4:30	AWARDS CEREMONY	