

**2021  
Big Ox Invitational  
(times approximate)**

| <b>Time</b> | <b>Event</b>   |                                       |
|-------------|--|---------------------------------------|
| 9:00        | Coaches Meeting  |                                       |
|             | <b>NATIONAL ANTHEM &amp; PRAYER</b>  |                                       |
| 9:30        | Girls discus with Boys to follow<br>Boys shot with Girls to follow<br>Girls pole vault with Boys to follow<br>Boys high jump with girls to follow<br>Boys and Girls long jump (2 pits) |                                       |
| 10:00       | 100m / 110m Hurdle Preliminaries   | 3 heats of Girls then 3 heats of Boys |
| 10:20       | Boys 3200m   | 1 heat of Boys                        |
| 10:35       | 100m Preliminaries   | 3 heats of Girls then 3 heats of Boys |
| 11:00       | Girls 4 x 800m relay   | 1 heat of Girls                       |
| 11:20       | 200m Preliminaries   | 3 heats of Girls then 3 heats of Boys |
| 11:45       | Boys 4 x 800m relay  | 1 heat of Boys                        |
| 12:15       | 100m / 110m Hurdle FINALS  | 1 heat of Girls then 1 heat of Boys   |
| 12:30       | 100m FINALS  | 1 heat of Girls then 1 heat of Boys   |
| 12:40       | 4 x 200m relay   | 2 heats of Girls then 2 heats of Boys |
| 1:00        | 1600m  | 1 heat of Girls then 1 heat of Boys   |
| 1:20        | 4 x 100m relay   | 2 heats of Girls then 2 heats of Boys |
| 1:45        | 400m   | 3 heats of Girls then 3 heats of Boys |
| 2:25        | 300m Intermediate Hurdles  | 3 heats of Girls then 3 heats of Boys |
| 2:50        | 800m   | 1 Heat of Girls then 1 heat of Boys   |
| 3:05        | 200m FINALS  | 1 heat of Girls then 1 heat of Boys   |
| 3:20        | Girls 3200m  | 1 heat of Girls                       |
| 3:40        | 4 x 400m relay   | 2 heats of Girls then 2 heats of Boys |
| 4:00        | <b>AWARDS CEREMONY</b>   |                                       |