

# Fort Frye Open Event Schedule

## 4:30 Field Events

Pole Vault – Girls followed by Boys	
Discus – Girls followed by Boys (2 flights)	4 Attempts
High Jump – Girls followed by Boys	
Shot Put – Boys followed by Girls (2 flights)	4 Attempts
Long Jump – Boys followed by Girls	3 Attempts

## 5:00 Running Events

### Girls

- 1 - Hurdles - 100 meters (10 Hurdles) (30")
- 3 - Dash - 100 meters
- 5 - Run - 1600 meters
- 7 - Relay - 4x100 meters
- 9 - Dash - 400 meters
- 11 - Relay - 4x200 meters
- 13 - Hurdles - 200 meters (30")\*\*
- 15 - Run - 800 meters
- 17 - Dash - 200 meters
- 19 - Relay - 4x400 meters

### Boys

- 2 - Hurdles - 110 meters (10 Hurdles) (33")
- 4 - Dash - 100 meters
- 6 - Run - 1600 meters
- 8 - Relay - 4x100 meters
- 10 - Dash - 400 meters
- 12 - 4x200 meters
- 14 - Hurdles - 200 meters (30")\*\*
- 16 - Run - 800 meters
- 18 - Dash - 200 meters
- 20 - Relay - 4x400 meters