

2019 TIME SCHEDULE

- 4:15 Coaches meeting in stadium office
- 4:30 Girls and Boys Pole Vault (Combined- girls in at 5'0, boys in at 6'6)
Girls and Boys Long Jump (simultaneous opposite ends of pit)
Girls and Boys High Jump (simultaneous opposite pits)
Girls Shot Put (Boys to follow)
Boys Discus (Girls to follow)
- 5:30 Girls Shuttle Hurdles (30")
Boys Shuttle Hurdles (30")
- 5:50 Girls 4 x 200 Meter Relay
Boys 4 x 200 Meter Relay
- 5:55 Girls and Boys 4 x 800 Meter Relay (combined heat)
- 6:10 Girls Sprint Medley Relay (1-1-2-4)
Boys Sprint Medley Relay (1-1-2-4)
- 6:25 Girls and Boys Distance Medley Relay (8-4-4-16) (combined heat)
- 6:45 Girls 4 x 100 Meter Relay
Boys 4 x 100 Meter Relay
- 6:55 Girls 4 x 400 Meter Relay
Boys 4 x 400 Meter Relay
- 7:15 Trophies presented. Pick up results and awards in Press Box.