

Meet Schedule

3:00 Coaches Meeting

3:30 4x800 relay (girls, then boys)

Field Events

Girls Pole Vault, followed by boys

Girls Long Jump, followed by boys

Boys High Jump, then girls

Girls Shot Put, then boys

Boys Discus, then girls

[after Long Jump] Girls Triple Jump, then boys

4:30 Running Events (girls, then boys)

100/110 Hurdles

100

1600

4x100 relay

400

300 Hurdles

800

200

3200

4x400 relay