

TRACK & FIELD INVITATIONAL

**RUNNING EVENTS**

**JUMPING EVENTS**

Time	Event			Time	Event	
10:00	110 Hurdle	TRIALS	Boys	10:00 – 11:00	Long Jump	Girls
10:10	100 Hurdle	TRIALS	Girls	11:15 – 12:15	Long Jump	Boys
10:20	100 Meter	TRIALS	Boys	12:30-1:30	Triple Jump	Girls
10:30	100 Meter	TRIALS	Girls	1:45-2:45	Triple Jump	Boys
10:40	300 Meter Hurdle	FINALS	Boys			
10:50	300 Meter Hurdle	FINALS	Girls	10:00		Boys First (8' Starting Height)
11:00	4 x 800 Relay	FINALS	Boys		Pole Vault	
11:20	4 x 800 Relay	FINALS	Girls			Girls to Follow (6' Starting Height)
	<b>BREAK</b>					
12:00	110 Hurdle	FINALS	Boys			Girls First (4'2 Opening Height)
12:05	100 Hurdle	FINALS	Girls	10:00	High Jump	
12:10	100 Meter	FINALS	Boys			Boys to Follow (5'2 Opening Height)
12:15	100 Meter	FINALS	Girls			
12:20	1600 Meter	FINALS	Boys			
12:40	1600 Meter	FINALS	Girls		<b>THROWING EVENTS</b>	
1:00	4 x 100 Relay	FINALS	Boys	<b>Time</b>	<b>Event</b>	
1:10	4 x 100 Relay	FINALS	Girls	10:00	Javelin	Girls
1:20	400 Meter	FINALS	Boys	10:00	Discus	Boys
1:30	400 Meter	FINALS	Girls	11:15	Shot Put	Boys
1:40	800 Meter	FINALS	Boys	11:15	Discus	Girls
1:50	800 Meter	FINALS	Girls	1:30	Javelin	Boys
2:00	200 Meter	FINALS	Boys	1:30	Shot Put	Girls
2:10	200 Meter	FINALS	Girls			
2:20	3200 Meter	FINALS	Boys			
2:40	3200 Meter	FINALS	Girls			
3:00	4 x 400 Relay	FINALS	Boys			
3:20	4 x 400 Relay	FINALS	Girls			
3:40	<b>AWARDS</b>					

