



SCHEDULE OF EVENTS

TRACK / RUNNING EVENTS

9:30	Girls Invitational Varsity 1600 Meter Run	1:00	Girls Varsity 4 x 800
9:42	Boys Invitational Varsity 1600 Meter Run	1:15	Boys Varsity 4 x 800
10:00	Boys Frosh/Soph & Varsity 110M Hurdles	1:30	Boys Frosh/Soph 4 x 200
10:20	Girls Frosh/Soph & Varsity 100 MHurdles	1:40	Girls Frosh/Soph 4 x 200
10:40	Boys Frosh/Soph Distance Medley	1:50	Girls Varsity 4 x 200
10:55	Girls Frosh/Soph Distance Medley	2:00	Boys Varsity 4 x 200
11:15	Girls Invitational Varsity 100 Meter Dash	2:10	Girls Combined (F/S and Varsity) 4 x 1600
11:22	Boys Invitational Varsity 100 Meter Dash	2:40	Boys Combined (F/S and Varsity) 4 x 1600
11:30	Girls Varsity Distance Medley	3:10	Boys Frosh/Soph 4 x 400
11:45	Boys Varsity Distance Medley	3:25	Girls Frosh/Soph 4 x 400
12:00	Boys Frosh/Soph 4 x 100	3:40	Girls Varsity 4 x 400
12:05	Girls Frosh/Soph 4 x 100	3:55	Boys Varsity 4 x 400
12:10	Girls Varsity 4 x 100	4:10	Girls Frosh/Soph 300 Meter Hurdles
12:15	Boys Varsity 4 x 100	4:20	Girls Varsity 300 Meter Hurdles
12:20	** Coaches 4 x 100 **	4:30	Boys Frosh/Soph 300 Meter Hurdles
12:30	Boys Frosh/Soph 4 x 800	4:40	Boys Varsity 300 Meter Hurdles
12:45	Girls Frosh/Soph 4 x 800		

FIELD EVENTS

9:30 AM Girls Frosh/Soph and Varsity Shot Put *	12:30 PM Boys Frosh/Soph & Varsity Shot Put *
Boys Frosh/Soph and Varsity Discus **	Girls Frosh Soph and Varsity Discus **
Girls Frosh/Soph and Varsity High Jump **	Boys Frosh Soph and Varsity High Jump **
Boys Frosh/Soph and Varsity Pole Vault **	Girls Frosh Soph and Varsity Pole Vault **
Boys and Girls F/S and Varsity Long Jump *	Boys and Girls F/S and Varsity Triple Jump *

*Two pits in use, every athlete receives three attempts.

** One pit in use, every athlete receives three attempts