

# SOUTH BAY CHAMPS

## FROSH/SOPH

### RUNNING EVENTS

TIME	EVENT	HEATS
<b>4:30</b>	<b>OPEN 1600M RUN</b>	anyone can run
4:40	GIRLS 1600M	3
5:00	BOYS 1600M	4
5:30	GIRLS 4 X 100M	2
5:35	BOYS 4 X 100M	2
5:40	GIRLS 1600M	1
5:45	BOYS 1600M	1
5:55	BOYS 110HH	4
6:05	GIRLS 100HH	5
6:15	GIRLS 400M	4
6:20	BOYS 400M	4
6:30	GIRLS 100M	8
6:45	BOYS 100M	8
7:00	GIRLS 800M	4
7:15	BOYS 800M	4
7:30	GIRLS 300 IH	3
7:35	BOYS 300 IH	3
7:45	COED 4 X 200M	2
7:50	GIRLS 3200M	1
8:05	BOYS 3200M	1
8:20	GIRLS 4 X 400M	2
8:30	BOYS 4 X 400M	2

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### FIELD EVENTS

## GIRLS

<b>TIME</b>	<b>EVENT</b>	<b>FLIGHTS</b>
4:30	POLE VAULT 7' 6"	
5:00	LONG JUMP	OPEN PIT 2 HOURS
5:00	DISCUS	2
5:30	HIGH JUMP 4' 2"	2
7:00	SHOT PUT	2
7:15	TRIPLE JUMP	OPEN PIT 1.5 HOUR

## BOYS

<b>TIME</b>	<b>EVENT</b>	<b>FLIGHTS</b>
6:30	POLE VAULT 9' 0"	
5:00	LONG JUMP	OPEN PIT 2 HOURS
7:00	DISCUS	2
5:30	HIGH JUMP 4' 6"	2
5:00	SHOT PUT	3
7:15	TRIPLE JUMP	OPEN PIT 1.5 HOUR