

## **Schedule of Events**

9:00 a.m.

Weigh-ins

1. Weigh-ins for shots, discs.
2. Coaches fill out pole vault weight verification cards.

### **Field Events**

9:30 a.m.

1. Girls and boys pole vault run together.
2. Boys discus followed by girls discus.
3. Boys triple jump followed by girls triple jump.
4. Girls high jump followed by boys high jump.
5. Girls shot put followed by boys shot put.
6. Girls long jump followed by boys long jump.

9:30 a.m.

### **Track Events**

Order of races will be:

1. Girls JV
2. Girls Varsity
3. Boys JV
4. Boys Varsity

9:45 -

1600 Medley Relay  
3200 M Relay – 1 heat girls, 1 heat boys  
100 M girls intermediate hurdles  
110 M boys high hurdles  
100 M Dash  
1600 M Run  
400 M Relay  
400 M Dash  
300 M girls low hurdles  
300 M boys intermediate Hurdles  
800 M Run  
200 M Dash  
3200 M Run  
1600 M Relay