**2019 Milford Invitational**

**9:00 AM Field Events**

Girls High Jump Finals

Boys Long Jump Prelims/Finals

Girls Javelin Throw Prelims/Finals

Girls Shot Put Prelims/Finals

Boys Discus Throw Prelims/Finals

**11:00 AM Field Events**

Boys High Jump Finals

Girls Long Jump Prelims/Finals

Boys Javelin Throw Prelims/Finals

Boys Shot Put Prelims/Finals

Girls Discus Throw Prelims/Finals

**9:00 AM Running Events**

Girls 3200 Meter Run Finals

Boys 3200 Meter Run Finals

Girls 100 Meter Hurdles Finals

Boys 110 Meter Hurdles Finals

Girls 100 Meter Dash Prelims

Boys 100 Meter Dash Prelims

Girls 400 Meter Run Prelims

Boys 400 Meter Run Prelims

Girls 200 Meter Dash Prelims

Boys 200 Meter Dash Prelims

**Lunch Break\*(if everything is on schedule)**

Girls 100 Meter Dash Finals

Boys 100 Meter Dash Finals

Girls 1600 Meter Run Finals

Boys 1600 Meter Run Finals

Girls 4x100 Meter Relay Finals

Boys 4x100 Meter Relay Finals

Girls 400 Meter Run Finals

Boys 400 Meter Run Finals

Girls 300 Meter Hurdles Finals

Boys 300 Meter Hurdles Finals

Girls 800 Meter Run Finals

Boys 800 Meter Run Finals

Girls 1600 Sprint Medley Finals

Boys 1600 Sprint Medley Finals

Girls 200 Meter Dash Finals

Boys 200 Meter Dash Finals

Girls 4x400 Meter Relay Finals

Boys 4x400 Meter Relay

\*\*Field events will not take a lunch break. Running events will run continuously until completed so participants need to listen for announcements and watch for their event.