

# Tiger/Grizz Track & Field Invitational

## April 29<sup>th</sup> and 30<sup>th</sup>, 2022

### TENTATIVE SCHEDULE OF EVENTS\*\*

**\*\*Schedule will be rolling!!!**

#### FRIDAY 2:00 pm: Coaches Meeting (At the Pressbox)

#### FRIDAY FIELD EVENTS: 3:00 pm Start time

**\*\*Throwing Implements must be weighed by a meet official**

**Boys Varsity** Triple Jump (Minimum: 39') **Followed by Girls Varsity** Triple Jump (Minimum: 31')

**Boys Freshman** Long Jump (Minimum: 15') **Followed by Girls Freshman** Long Jump (Minimum: 12')

**Boys Varsity** Shot Put (Pit #1) (Minimum: 40') **Followed by Boys Freshman** Shot (Pit #1) (Minimum: 25')

**Girls Varsity** Discus (Minimum: 80')

**Girls Varsity** High Jump (Starting height: 4'8") **Followed by Boys Varsity** High Jump (Starting height at 5'8")

**Boys Varsity** Pole Vault (Starting height: 11')

#### FRIDAY RUNNING EVENTS: 3:00 pm Start time **\*\* (event times are approximate and number of heats may change)**

**3:00 pm:** Girls 3200m **FINAL** (2 heats: Fastest heat is last)

**3:30 pm:** Boys 3200m **FINAL** (3 heats: Fastest heat is last)

**4:15 pm:** 100/110m Hurd. PRELIM (3 freshmen girls heats, 5 varsity girls heats, 2 freshmen boys heat, 4 varsity boys heats)

**4:45 pm:** 400m dash PRELIM (5 freshmen girls heats, 6 freshmen boys heats, 6 varsity girls heats, 6 varsity boys heats)

**5:35 pm:** 100m dash PRELIM (6 freshmen girls heats, 7 freshmen boys heats, 6 varsity girls heats, 7 varsity boys heats)

**6:20 pm:** 300m Hurdles PRELIM (6 girls heats followed by 5 boys heats)

**6:45 pm:** 200m dash PRELIM (7 girls heats followed by 8 boys heats)

**7:10 pm:** 4 X 800m Relay **FINAL** (1 girl heat, 1 boy heats)

**7:40 pm:** ESTIMATED FRIDAY FINISH TIME

#### SATURDAY 9:30 am: Coaches Meeting (At the Pressbox)

#### SATURDAY FIELD EVENTS: 10:00 am Start Time

**Boys Varsity** Long Jump (Minimum: 19')

**Girls Varsity** Long Jump (Minimum: 15')

**Girls Varsity** Pole Vault (Starting height: 8')

**Boys Varsity** Discus (Minimum: 110')

**Girls Varsity** Shot Put (Pit #1) (Minimum: 29') **Followed by Girls Freshman** Shot (Pit #1) (Minimum: 18')

**Coaches Discus is after High School Throws Events are Completed**

#### SATURDAY RUNNING EVENTS: 12:00 pm Start Time **\*\* (event times are approximate)**

**11:40 am:** Opening Ceremony (Tiger Grizz Honor Award Presentation and National Anthem)

**12:00 pm:** 4 X 200m Relay **FINAL** (Sectioned Finals: 3 heats girls, followed by 3 heats boys)

**12:25 pm:** 1600m VARSITY Girls **FINAL** (Sectioned Finals: **3 heats** varsity girls)

**12:40 pm:** 1600m VARSITY Boys **FINAL** (Sectioned Finals: **3 heats** varsity boys)

**1:00 pm:** 100/110m Hurdles **FINAL** (Girls freshmen, Girls varsity, Boys freshmen, Boys varsity)

**1:20 pm:** 400m **FINAL** (Girls freshmen, Boys freshmen, Girls varsity, Boys varsity)

**1:35 pm:** **"Miracle Mile" Exhibition 1600m Race (coaches & community members invited)**

**1:50 pm:** 100m dash **FINAL** (Girls freshmen, Boys freshmen, Girls varsity, Boys varsity)

**2:05 pm:** 800m run **FINAL** (Sectioned Finals: 3 **heats girls**, followed by **3 heats boys**)

**2:30 pm:** 4 X 100m Relay **FINAL:** 2 Fresh Girls, 2 Fresh Boys, 2 Varsity Girls, 3 Varsity Boys, 1 Throw Girls, 2 Throw Boys

**3:10 pm:** 300m Hurdles **FINAL** (varsity girls followed by varsity boys)

**3:20 pm:** 200m **FINAL** (varsity girls followed by varsity boys)

**3:30 pm:** **Coaches 400m Relay Exhibition Race (as many coaches as you want) (1-2 heats)**

**3:35 pm:** Co-Ed Medley Relay **FINAL** (Sectioned Finals: **2 heats**, mixed-gender: 100m-G, 100-B, 200-G, 400-B)

**3:45 pm:** **MASCOT RACE (record: 120-foot dash in 5.34 seconds!)**

**3:50 pm:** 1600m Freshman Girls **FINAL** (Sectioned Finals: 2 heats freshmen girls)

**4:05 pm:** 1600m Freshman Boys **FINAL** (Sectioned Finals: 3 heats freshmen boys)

**4:30 pm:** 4x400m Relay **FINAL** (Sectioned Finals: 3 heats varsity girls followed by 3 heats varsity boys)

**4:55 pm:** Final Awards: **ATHLETES OF THE MEET**