

# 2023 Carbon High Invite

## March 25, 2023

**Coaches Meeting 9:30 a.m.**

### **Running Events –Timed Finals**

**10:00 A.M.**

1600 Medley Relay  
4x800 M Relay  
100 M Hurdles  
110 M Hurdles  
100 M Girls/Boys  
4x200 M Relay  
1600 Meter Girls/Boys  
4x100 Meter Relay  
400 M Girls/Boys  
300 M Hurdles Girls/Boys  
800 M Girls/Boys  
200 M Girls/Boys  
3200 M Girls/Boys  
4x4 Relay Girls/Boys

### **Field Events – Prelims & Finals**

**10:00 A .M.**

Girls Shot Put  
Boys Discus  
Girls Javelin  
Girls High Jump  
Boys Long Jump

### **Followed by:**

Boys Shot  
Girls Discuss  
Boys Javelin  
Boys High Jump  
Girls Long Jump

**\*\*Limits \*\* 4 events per  
athlete unlimited entries per  
school except 1 relay per  
school**