



Running Events

Order: Boys/ Girls

V then JV except Javelin

1/8" spikes only, except javelin

	<u>Running Events</u>		<u>Field Events</u>
5:30	Senior Introductions	1:00	Discus (B)
6:00	110 m Hurdles (B)		Javelin (G) (JV 1st)
	100 m Hurdles (G)		Shot Put (G)
			Long Jump (B)
6:20	100 m (B)		
	100 m (G)	4:00	Pole Vault (G)
			High Jump (B)
6:50	1600 m (B)		Long Jump (G)
	1600 m (G)		Discus (G)
			Shot Put (B)
7:10	400 m Relay (B)		Javelin (B)
	400 m Relay (G)		Triple Jump (B)
7:30	400 m Finals (B)	6:00	High Jump (G)
	400 m Finals (G)		Pole Vault (B)
			Triple Jump (G)
7:50	300 m Hurdles Finals (B)		
	300 m Hurdles Finals (G)		
8:10	800 m Finals (B)		
	800 m Finals (G)		
8:30	200 m Finals (B)		
	200 m Finals (G)		
9:00	3200 m Finals (B)		
	3200 m Finals (G)		
9:40	1600 m Relay (B)		
	1600 m Relay (G)		
9:55	4x100 Anything Relay		