Maxine Ehrmann Track and Field Invitational

Hosted by: Thornton High School

Saturday April 16th 2016

@ Dist 12 North Stadium

8:00 am Coaches Meeting in the North Home Locker room

Field Events

8:30 am Shot Put Girls-- Boys will follow

Discus Boys-- Girls will follow

(Weigh-ins will start at 7:45 am at the North garage area inside the track)

High Jump Boys-- Girls will follow

Pole Vault Girls-- Boys will follow

(Depending on the weather we may run Boys and Girls Pole Vault at the same time)

Long Jump Girls-- Boys will follow

Triple Jump Boys-- Girls will follow

\*\*\*Due to the fact that we are using all 9 lanes for competition, there will be no access to the track from the seating area. All access to the track and field events will be from the North gate. \*\*\*

Shot put, Discus, Long Jump and Triple Jump will have pre-lims and then finals. Each athlete will have 3 attempts and the top 9 athletes will advance to finals and receive another 3 attempts.

Heat 1 of the 3200m run will be run in the morning. Heat 2 and need be heat 3 will be run in its regular time slot in a super 3200m run format. Heat sheets will be sent out Friday hopefully before noon.

Running Events

(All times are approximate; the meet will run as swiftly as possible. We will run ahead of schedule. The first heat is the fast heat.)

8:30 am 3200m Run Heat 1 Girls Finals (Heats vs Time)

8:45 am 3200m Run Heat 1 Boys Finals (Heats vs Time)

9:00 am sprint Medley Girls Finals (Heats vs Time)

9:15am 4x800 Girls Finals (1 Heat)

9:30am 4x800 Boys Finals (1 Heat)

9:45am 100mHH Girls Finals (Heats vs Time)

10:00am 110mHH Boys Finals (Heats vs Time)

10:15 am 100m Girls Finals (Heats vs Time)

10:30 am 100m Boys Finals (Heats vs Time)

10:45 am 4x200 Relay Girls Finals (Heats vs Time)

11:05am 4x200 Relay Boys Finals (Heats vs Time)

11:25am 1600 Run Girls Finals (Heats vs Time)

11:50am 1600 Run Boys Finals (Heats vs Time)

12:15am 4x100 Relay Girls Finals (Heats vs Time)

12:30am 4x100 Relay Boys Finals (Heats vs Time)

12:45 pm 400m Run Girls Finals (Heats vs Time)

01:05 pm 400m Run Boys Finals (Heats vs Time)

01:25 pm 300mLH Girls Finals (Heats vs Time)

01:50 pm 300mIH Boys Finals (Heats vs Time)

02:15 pm 800m Run Girls Finals (Heats vs Time)

02:40 pm 800m Run Boys Finals (Heats vs Time)

03:00pm 200m Dash Girls Finals (Heats vs Time)

03:20 pm 200 m Dash Boys Finals (Heats vs Time)

03:40 pm 3200m Run Heat 2 Girls Finals (Heats vs Time)

04:00 pm 3200m Run Heat 2 Boys Finals (Heats vs Time)

04:20 pm 4x400 Relay Girls Finals (Heats vs Time)

04:35 pm 4x400 Relay Boys Finals (Heats vs Time)