COACHES MEETING 10:15AM

IMPLEMENT WEIGH-INS-10:00AM

POLE VAULT WEIGH-INS-10:00AM

EVENT SCHEDULE: ROUND 1 FIELD EVENTS BEGIN AT 11:00AM

BOYS: GIRLS: SHOT PUT DISCUS LONG JUMP TRIPLE JUMP POLE VAULT (6’6”) HIGH JUMP (4’)

ROUND 2 FIELD EVENTS BEGIN 30 MINUTES AFTER THE FINISH OF ROUND 1 EVENT. BOYS: GIRLS: DISCUS SHOT PUT TRIPLE JUMP LONG JUMP HIGH JUMP (4’8”) POLE VAULT (5’)

THE TRACK SCHEDULE IS A RUNNING SCHEDULE

JV GIRLS 800M SPRINT MEDLEY RELAY

JV BOYS 800M SPRINT MEDLEY RELAY

GIRLS 800M SPRINT MEDLEY

GIRLS 4X800M RELAY

BOYS 4X800M RELAY

100M GIRLS HURDLES

110M BOYS HURDLES

GIRLS 100M DASH

BOYS 100M DASH

JV GIRLS 4X200M RELAY

JV BOYS 4X200M RELAY

GIRLS 4X200M RELAY

BOYS 4X200M RELAY

GIRLS 1600M RUN

BOYS 1600M RUN

JV GIRLS 4X100M RELAY

JV BOYS 4X100M RELAY

GIRLS 4X100M RELAY

BOYS 4X100M RELAY

GIRLS 400M DASH

BOYS 400M DASH

GIRLS 300M HURDLES

BOYS 300M HURLDES

GIRLS 800M RUN

BOYS 800M RUN

GIRLS 200M DASH

BOYS 200M DASH

GIRLS 3200M RUN

BOYS 3200M RUN

BREAK-WE WILL HAVE A 30 MINUTE BREAK AFTER THE BOYS 400M

JV GIRLS 4X400M RELAY

JV BOYS 4X400M RELAY

GIRLS 4X400M RELAY

BOYS 4X400M RELAY