Order of Events:

Track will start at 9am girls then boys. It will be a rolling schedule.

100 Hurdles

4X8 Relay

100m Dash

1600m Run

4X1 Relay

400m Dash

800m Run

200m Dash

4X4 Relay

Vertical Jumps:

High Jump – 9am Girls, Boys will follow when girls are done.

Starting Heights: Girls 3'6, Boys 4'2

Horizontal Jumps:

9am-10am: Open Pit Girls and Boys Long Jump

10:30am-11:30am: Open Pit Girls and Boys Triple Jump

Please have all steps in before 9am so we can start promptly. All jumps are finals with each athlete having 3 jumps.

Throwing Rotations:

9am- Boys Disc, Girls Shot

After they are completed it will be Girls Disc, Boys Shot

All throws are finals with each athlete having 4 throws (First two will be measured and last 2 must hit a minimum: which are 25' boys shot, 22'girls shot, 50'boys disc, 40' girls disc.) - There will be no weigh ins of implements.