

Estimated Time for Running Events:

Keep track of events and Note if we are running ahead or behind schedule

- 4:30 - 4 X 800 M Relay Girls
- 4:45 - 100 M Hurdles Girls
- 5:00 - 100 M Dash Girls
- 5:20 - 4 x 200 Relay Girls
- 5:30 - 1600 Meter Run Girls
- 5:40 - 4 X 100 M Relay Girls
- 5:55 - 400 M Dash Girls
- 6:15 - 300 M Int. Hurdles Girls
- 6:25 - 800 M Run Girls
- 6:35 - 200 M Dash Girls
- 6:45 - 3200 M Run Girls
- 7:00 - 4 X 400 M Relay Girls

Field Events

Throws

- Varsity Shot & JV Disc 1st
- 5 attempts Varsity, 4 attempts JV

Horizontal Jumps (LJ & TJ)

- Varsity gets 4 attempts & JV gets 3 attempts (cafeteria style).
- Complete all jumps by the start of the 200 meter dash.

Vertical Jumps (PV & HJ) Varsity & JV together

- Pole Vault starts at 6' and moves up in 6" increments
- High Jump starts at 4' and moves up in 2" increments