**SCHEDULE OF EVENTS:**

**3:00** **Coaches Meeting in the locker room**

**3:30** **Field Events Begin 4:00**

*\*Cafeteria style format for all field events*

Boys Discus Girls Discus

Girls Shot Put Boys Shot Put

Boys High Jump Girls High Jump

Girls and Boys Pole Vault

Boys Triple Jump Girls Triple Jump

Girls Long Jump Boys Long Jump

Boys (*Javelin will be held at the old football field*) Girls Javelin

**4:30** **Track Events Begin *(Girls precede Boys)***

4X800m Relay

100m High Hurdles (girls)

110m High Hurdles (boys)

100m Dash

4X200m Relay

1600m Run

4X100m Relay

400m Dash

300m Low Hurdles / Intermediate Hurdles

800m Run

200m Dash

3200m Run

4X400m Relay

\* Please keep all athletes that are not participating outside of the fence.

\* The football field will be off limits.

We hope you have a great experience.