

Loch Johnson Invitational

Order of Events

9:00 Coaches' Meeting

9:30 Long Jump (m)
Shot Put (m)
Pole Vault (w)

Triple Jump (w)
Discus (w)
High Jump (m)

11:00 Triple Jump (m)
High Jump (w)
Discus (m)
Pole Vault (m)

Long Jump (w)
Shot Put (w)

12:00 Welcome/ National Anthem

12:30 4x100m Relay (w)
4x100m Relay(m)
1600m Run (w)
1600m Run (m)
400m Dash (w)
400m Dash (m)
100m Dash (w)
100m Dash (m)
100m LH (w)
110m HH (m)
800m Run (w)
800m Run (m)
200m Dash (w)
200m Dash (m)
300m IH (w)
300m IH (m)
3200m Run (w)
3200m Run (m)
4x400m Relay (w)
4x400m Relay (m)
Presentation of Awards