

NON-TRADITIONAL MEET

4:30 Boys LJ/Girls HJ/Girls PV

5:00 Girls DT/Girls LJ/Boys SP

5:15 DMR (800-400-1200-1600)

5:15 Boys HJ/Boys PV

5:30 Girls TJ

5:45 Girls SP/Boys DT

6:00 Boys TJ

6:30 800m SMR (100-100-200-400) 1H G/B; 1st 3 legs in lanes using 4x1 x-zones, 4th leg breaks

6:40 1200m Run 1H G/B; waterfall start

7:00 600m Run 2H G/B; 200m start, 1 turn stagger, break at x-zone triangles

7:20 60m Run 2H G/B; normal start, move finish

7:35 60m Hurdles 2H G/B; normal start, 5 flights hurdles, move finish

7:50 300m Run 2H G/B; normal start, laned race, normal finish

8:00 2000m Run 1H G/B; waterfall start

8:20 1600 SMR (200-200-400-800) 1H G/B; 1st 2 legs in lanes using 4x1 x-zones, 3rd leg breaks