

Tuesday Weekday Meet Schedule

SCHEDULE FOR METRO 1, 3, & 5 (GIRLS RUN FIRST IN RUNNING EVENTS)

5:00 FIELD EVENTS	5:00 RUNNING EVENTS
LONG JUMP <i>BOYS AT PIT A, GIRLS AT PIT B (3 ATTEMPTS)</i>	1600
TRIPLE JUMP <i>TO FOLLOW LJ AT SAME PIT (3 ATTEMPTS)</i>	100/110 HURDLES (<i>GIRLS 30", BOYS 33"</i>)
DISCUS <i>GIRLS THEN BOYS (BOTH THROW 1K - 3 ATTEMPTS)</i>	4 X 100 RELAY
SHOT PUT <i>BOYS THEN GIRLS (BOYS 4K, GIRLS 6LBS. - 3 ATTEMPTS)</i>	400
HIGH JUMP(<i>GIRLS 3'10" THEN BOYS 4'4"</i>)	100
POLE VAULT(<i>BOYS 7' THEN GIRLS 5'</i>)	300 HURDLES (<i>BOTH 30"</i>)
	800
	200

Athletes may enter in no more than 3 events during the regular season and at Metro Championship

Please tell your athletes that running events take priority over field events. They are to notify the judge of the field event of their departure, then report back as soon as they have run. The High Jump and Pole Vault bar will not wait on an athlete. The athlete must attempt the height where the competition is upon return.