

UPDATED METRO MEET SCHEDULES FOR THE 2014 SEASON:

SCHEDULE FOR HOOVER, HOMEWOOD AND VESTAVIA HILLS METRO MEETS:

4:00 FIELD EVENTS	4:15 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

SCHEDULE FOR OAK MTN., SPAIN PARK, MTN. BROOK METRO MEETS:

4:00 FIELD EVENTS	4:15 RUNNING EVENTS
TRIPLE JUMP <i>BOYS AT PIT A, GIRLS AT PIT B (3 ATTEMPTS)</i>	200
LONG JUMP <i>TO FOLLOW TJ AT SAME PIT (3 ATTEMPTS)</i>	800
DISCUS <i>BOYS THEN GIRLS (BOTH THROW 1K - 3 ATTEMPTS)</i>	300 HURDLES (<i>BOTH 30"</i>)
SHOT PUT <i>GIRLS THEN BOYS (BOYS 4K, GIRLS 6LBS. - 3 ATTEMPTS)</i>	100
HIGH JUMP (<i>BOYS 4'4" THEN GIRLS 3'10"</i>)	400
POLE VAULT (<i>GIRLS 5' THEN BOYS 7'</i>)	4 X 100 RELAY
	100/110 HURDLES (<i>GIRLS 30", BOYS 33"</i>)
	1600