

METRO CHAMPS SCHEDULE

4:00 – Field Events

Long Jump Boys at pit A, Girls at pit B
Triple Jump to follow Long Jump at same pit
Discus Girls then Boys (both will throw the 1K discus)
Shot Put Boys then Girls (boys 4K, girls 6lbs.)
High Jump Girls (3'10") then Boys (4'4")
Pole Vault Boys (7') girls (5')

4:30 – Running Events

4:30 1600

5:00 100/110 Hurdles

5:20 4 x 100M Relay

5:40 400

6:10 100

6:30 800

7:00 300 Hurdles

7:20 200

7:45 4x800M Relay

8:05 4x100 Clydesdale

EXHIBITION ONLY – NO TEAM POINTS

8:15 4x400M Relay