



**\*ROLLING SCHEDULE\***

***Starting Time Track Events* (Boys followed by girls in all track events)**

10:00am 4x800m Relay

110m Hurdles TRIALS

100m Hurdles TRIALS

100m Dash TRIALS

1600m Run

100m Hurdle FINAL **(note: girls before boys)**

110m Hurdle FINAL

100m Dash FINAL

400m Dash

4x100m Relay

300m Hurdles

800m Run

200m Dash FINAL

3200m Run

4x400m Relay

***Starting Time Field Events***

10:00am Long Jump Boys- Pit A **(Triple Jump to follow)**

Girls- Pit B **(Triple Jump to follow)**

High Jump Boys (Girls to follow)

Shot Put Boys (Girls to follow)

Discus Girls (Boys to follow)

Pole Vault Girls (Boys to follow)

**☝ First legal attempt will be measured each attempt after that must meet**

**minimum standard for measurement.**

|  |  |
| --- | --- |
| **Starting Heights**  High Jump: Boys- 5’4”  Girls- 4’4”  Pole Vault: Boys- 9’6”  Girls- 7’0” | **Minimum Measurements**  Triple Jump: Boys- 34’6”  Girls- 29’6”  Long Jump: Boys- 17’0”  Girls- 13’0”  Shot Put: Boys- 35’0”  Girls- 25’0”  Discus: Boys- 95’0”  Girls- 65’0” |