

# 2015 Viking Track & Field Invitational Time Schedule

8:30 to 9:30 a.m.	IMPLEMENT / POLE VAULT WEIGH – VERIFICATION: Field House
9:00 a.m.	Coaches / Officials Meeting: White Tent near the Start/Finish Line
9:45 a.m.	<b>Middle School and North Stokes Alumni Events</b> Middle School Girls 55 Hurdles Middle School Boys 100 Hurdles Middle School Girls 100 Meters Middle School Boys 100 Meters North Stokes Alumni Women 100 Meters North Stokes Alumni Men 100 Meters Middle School Boys and girls 400 Alumni Men and Women 400 Middle School Boys and Girls 1600 Meters Men's and Women's North Stokes Alumni 1600 meters
10:00 a.m.	<b>HIGH SCHOOL FIELD EVENTS</b>  Women's and Men's Pole Vault (we have two pits) Men's High Jump Followed by Women Women's Discus throw followed by Shot Men's Discus followed by Shot Women's Long Jump followed by Women's Triple Jump Men's Long Jump Followed by Men's Triple Jump Shot, Discus, Long Jump, and Triple Jump – 4 attempts
11:00 am	<b>High School 4X800 Relay</b> (Women followed by Men)
11:30 a.m.	<b>High School Prelims</b> (Women followed by Men) 100 Meter Hurdles 110 Meter Hurdles 100 Meter Dash
1:00 pm	<b>Middle School and Alumni Field Events</b>
1:00 pm	<b>High School Running Events on a Rolling Start</b> (Women followed by Men) 100 Meter Hurdles (Finals) 110 Meter Hurdles (Finals) 100 Meter Dash (Finals) 100 Meter Dash Wheelchair Finals 4X200 Meter Relay 1600 Meter Run 4X100 Meter Relay 4X100 Shot Put / Discus 400 Meter Dash 300 Meter Hurdles 800 Meter Run 200 Meter Dash 3200 Meter Run 4X400 Meter Relay