

2019 Wyalusing Lasagna Invitational Time Schedule

Revised Schedule

Track Events (Rolling Schedule)

Girls then boys

3:00 4x800m Relay
100m/110m High Hurdles (will be run as finals)
100m Dash (will be run as finals)
1600m Run
4x100m Relay
400m Dash
300m Intermediate Hurdles
800m Run
200m Dash (Finals)
3200m Run
4x400m Relay

Field Events (Rolling Schedule)

2:30 Girls Pole Vault (5 alive) followed by Boys (5 alive)
Girls Javelin (Top 9 to finals) followed by Boys (Top 9 to finals)
Boys Discus (Top 9 to finals) followed by Girls (Top 9 to finals)
Boys Long Jump (Top 9 to finals)
Girls Long Jump (Top 9 to finals)

4:00 Boys High Jump (5 alive) followed by Girls (5 alive)

4:30 Boys Triple Jump (Top 9 to finals)
Girls Triple Jump (Top 9 to finals)

5:00 Boys Shot Put (Top 9 to finals) followed by Girls (Top 9 to finals)

Minimums for Throws

Discus - Boys (100) Girls (75)

Javelin - Boys (115) Girls (80)

Shot Put - Boys (35) Girls (25)

Implement weigh ins will occur at the big tent by the concession stand.