

# Mountain Ridge Invitational 2022

## SCHEDULE OF EVENTS

1:30 PM                    **COACHES MEETING AND WEIGH INS**

2:00 PM                    **FIELD EVENTS: PRELIMS FOLLOWED BY FINALS**

Girls **DISCUS** FOLLOWED BY boys

Boys **SHOT PUT** FOLLOWED BY Girls

Girls **HIGH JUMP** FOLLOWED BY Boys

**LONG JUMP** – NORTH PIT – Girls FOLLOWED BY Boys

**TRIPLE JUMP** – SOUTH PIT – Boys FOLLOWED BY Girls

**POLE VAULT** – SOUTH RUNWAY- Boys FOLLOWED BY Girls

Boys **JAVELIN** FOLLOWED BY Girls

**2:00 PM All races will be timed finals (RUNNING SCHEDULE) All races will be girls first followed by boys**

4 X 800M RELAY

100M HURDLES

110M HIGH HURDLES

100M DASH

1600M DASH

4 X 100M RELAY

400M DASH (Junior High Race – non scored)

300M HURDLES

800M RUN

200M DASH

3200M RUN

4 X 400M RELAY

**\*\*\*NOTE:** We are using a rolling time schedule. Make sure your athletes are aware of the order of events. This will allow the meet to run as smoothly as possible. We will take a short break at some point during the meet. Awards will be presented shortly after the conclusion of the 4 x 400m relay.

Awards for the following:

Boys and Girls Champions/Boys and Girls Runner up/Boy and Girl athlete of the meet (given to highest scoring athlete)