

HORNET LION INVITATIONAL – MARCH 26

Running Events (FINALS ON TIME)

9:00 AM	4 x 800m Relay
10:00 AM	100m/110m Hurdles
	4x100m Relay
	1600m Run
	100m Dash
	400m Dash
20 min Break	
	300m Hurdles
	800m Run
	200m Dash
	3200m Run
	4 x 400m Relay

Field Events (3 ATTEMPTS NO FINALS)

9:00 AM	Boys Javelin followed by Girls
	Girls Shot Put followed by Boys
	Girls Long Jump (West Runway)
	Boys Triple Jump (East Runway)
10:00 AM	Girls Pole Vault followed by Boys
	Boys High Jump followed by Girls
15 min after Long Jump	Girls Triple Jump (West Runway) Boys Long Jump (East Runway)
After completion of Girl TJ and Boys LJ (for safety reasons)	
	Girls Discus followed by Boys

*Rolling Schedule; Girls, followed by Boys

Starting Heights and Minimum Measurements

All first attempts will be measured. After that, the minimum standard will be used. Each athlete will be granted 3 throws or horizontal jumps (excluding high jump and pole vault) with no finals. In the throwing events, a 2 + 1 format may be utilized.

	Boys	Girls
Long Jump	18'0"	14'0"
Triple Jump	38'0"	28'0"
High Jump	5'6"	4'6"
Shot Put	39'0"	27'0"
Discus	110'0"	75'0"
Javelin	110'0"	70'0"
Pole Vault	9'0"	7'0"