

SES HS Invitational Order of Events

Coaches Meeting: 3:00 p.m. (In Front of the Press Box)

Field Events: 3:30 pm

High Jump: Girls followed by Boys (One Pit)
- Opening heights TBD

Pole Vault: Boys followed by Girls (One Pit)
- Opening heights TBD

Long Jump: Girls followed by Boys (East Pit)

Triple Jump: Boys followed by Girls (West Pit)

Discus: Girls followed by Boys (West Ring)

Shot Put: Boys followed by Girls (North Ring)

**** Boys & Girls Discus & Shot may compete at the same time if we have enough workers. ****

Javelin: Boys followed by Girls (Upper Practice Field)

Running Events: 5:00 pm

4x800m Relay

100m/110M H Hurdles

100m Dash

1600m Run

4x100m Relay

Weight Man's Relay

400m Dash

***** Senior Recognition *****

300m Hurdle

800m Run

200m Dash

3200m Run

4x400m Relay

All running events will take place in the following order:

Girls

Boys