



## 9:00 AM Field Events

- Javelin (MSB/MSG)
- Long Jump (MSB/MSG)
- High Jump (VG/VB)
- Shot Put (MSG/MSB)
- Long Jump (VB/VG)

## 12 Noon Field Events **\*\*\*(Noon field events may run earlier)\*\* \***

- Discus (VB/VG) minimum (100ft - 50ft)
  - Triple Jump (VB/VG)
  - High Jump (MSG/VG) (starting height 4'0)
  - Shot Put (VG/VB) minimum (20ft – 35ft)
  - Pole Vault (VG/VB) (TBA) (1PM)
  - Javelin (VB/VG) minimum (125ft – 75ft)
- 

\*\* Middle School Min Standards: All jumpers will have 2 attempts except in HJ.

\*\* All throwers will have 2 attempts and will throw back to back. (If foul on both then a 3<sup>rd</sup> attempt will be given)

\*\* 2 marks but officials will only measure the furthest throw

---

## 9:00 AM ROLING SCHEDULE

- 4x8 Meter Relay
- 100/110 Hurdles (MSG/VG)(MSB/VB)
- 100 Meter Dash (MSG/VG)(MSB/VB)
- 400 Meter Dash
- 1600 Meter Run
- 300 Meter Hurdles
- 4x1 Meter Relay (MSG/VG)(MSB/VB)
- 800 Meter Run (MSG/VG)(MSB/VB)
- 200 Meter Dash (MSG/VG)(MSB/VB)
- 3200 Meter Run
- 4x4 Meter Relay (MSG/VG)(MSB/VB)