

HOLLY INVITATIONAL TRACK MEET
April 8, 2023

SCHEDULE OF EVENTS

8:15 Coaches Scratch Meeting-Inside the School-Commons Area

9:00 Field Events Begin:

Shot Put – Girls then Boys
Discus – Boys then Girls
Long Jump – Boys then Girls
Triple Jump – Girls then Boys
High Jump – Girls then Boys

Running Events start at 10:30

Girls 800 Meter Medley Relay	FINAL
Girls 3200 Meter Relay	FINAL
Boys 3200 Meter Relay	FINAL
Girls 100 Meter High Hurdles	FINAL
Boys 110 Meter High Hurdles	FINAL
Girls 100 Meter Dash	FINAL
Boys 100 Meter Dash	FINAL
Girls 800 Meter Relay	Lanes All the Way
Boys 800 Meter Relay	Lanes All the Way
Girls 1600 Meter Run	Super Alley/Waterfall
Boys 1600 Meter Run	Super Alley/Waterfall
Girls 400 Meter Relay	Lanes All the Way
Boys 400 Meter Relay	Lanes All the Way
Girls 400 Meter Dash	Lanes All the Way
Boys 400 Meter Dash	Lanes All the Way
Girls 300 Meter Low Hurdles	FINAL
Boys 300 Meter Intermediate Hurdles	FINAL
Girls 800 Meter Run	Super Alley/Waterfall
Boys 800 Meter Run	Super Alley/Waterfall
Girls 200 Meter Dash	FINAL
Boys 200 Meter Dash	FINAL
Girls 3200 Meter Run	Super Alley/Waterfall
Boys 3200 Meter Run	Super Alley/Waterfall
Girls 1600 Meter Relay	1st Runners in Lanes
Boys 1600 Meter Relay	1st Runners in Lanes

IF WE GET AHEAD OF SCHEDULE, WE WILL CONTINUE AHEAD OF SCHEDULE