

CARDINAL TRACK AND FIELD

Results: Official results will be available on MileSplit

Friday May 12, 2023

Pole Vault @ Meeker High, Weigh ins 2:00, event start 3:00

Schedule of Events for Saturday, May 13, 2023

9:15 am Coaches meeting at finish line

10:00 am (Rolling Schedule)

800 meter Medley Relay (girls)

3200 meter Relay

100 meter High Hurdles (girls)

110 meter High Hurdles (boys)

100 meter Dash

800 meter Relay

1600 meter Run

***Lunch Break will be taken at about noon

***Coaches 400m relay at lunch!

400 meter Relay

400 meter Dash

300 meter Intermediate Hurdles

800 meter Run

200 meter Dash

3200 meter Run

1600 meter Relay

Field Events

10:00 am

Discus (boys)

Shot Put (girls)

High Jump (boys)

Long Jump (girls/boys)

1:00 pm

Discus (girls)

Shot Put (boys)

High Jump (girls)

Triple Jump (girls/boys)

All times are approximate.

Running events take priority over field events.

Girls followed by boys in all running events

Long Jump - Boys in east pit, Girls in west pit.

Triple Jump - Boys in west pit, Girls in east pit.

High jump starting heights will be determined at the coaches meeting.