

## 3/29/25 Tiger Invite Meet Schedule

**6:30 am** - Gates open

**7:30 am** - Coaches Meeting

**8:00 am** - Field events begin (Finals, 3 attempts only)

- Long Jump (Boys followed by girls)
- High Jump (Girls followed by boys)
- Triple Jump (Boys followed by girls)
  - at the conclusion of Long Jump
  
- Shotput (Boys followed by girls)
- Disc (Girls followed by boys)
- Javelin (Girls followed by boys)
  - at the conclusion of disc
  
- Pole Vault (Girls followed by boys)

**8:00 am** - Running events begin (all running events are girls followed by boys)

- 3200 all heats

**9:30am**

- 4x800 (all heats)

**11:00 am** - Running finals begin (rolling schedule)

- 100/110mh
- 100m
- 800m
- 4x100 relay
- 400m
- 400mh
- 200m
- 1600m
- 4x400m relay