

SFPS MS Northern Invite

8:30am Coaches Meeting (start line area)

9:00am Running Events

1600m Run

4 x 100m Relay

100m Open

4 x 200m Relay

400m Open

800m Sprint Medley

200m

4 x 400m Relay

10am-1pm Field events

10:00 -11:30am Shot Put - Boys & Girls
(concurrent)

11:30 - 1:00pm Long Jump - Boys & Girls
(concurrent)

