

Order of Events

8:00am - Gate Opens

8:30am - Track Opens

9:00am - Scratch Meeting

9:15am- Track Closes

9:30 - 4 x 800 Meter Relay

10:00am - Co-ed 1000 Florida Sprint Medley

Trials to Finals - 2 per team

Shot Put - Girls will follow Boys-2 pits - 2 throws

Discus - Boys will follow Girls (Both venues locates at north practice field) - 2 throws

High Jump - Girls- North Pit

High Jump - Boys - North Pit (after Girls)

Long Jump - Boys-Southeast - 2 jumps

Girls-Corner of Stadium - 2 jumps

Triple Jump- After Long Jump - 2 jumps

Pole Vault - Boys will follow Girls

11:00 am

Shuttle Hurdle Relay Girls/Boys

4 X 100 Meter Relays Girls/Boys

Two Mile Team Race (team consists of 2 runners)

4 X 200 Meter Relays Girls/Boys

1500-Meter Steeplechase Girls Only

3000-Meter Steeplechase Boys only

Sprint Medley (100 X 100 X 200 X 400)

1600-Meter Medley (200 X 200 X 400 X 800)

Co-Ed Throwers 4 X 100 Meter Relays - must be 4 throwers

4 X 400 Meter Relays Girls/Boy