

***Parking UPDATE ***will be an issue because school will be in session. Buses and cars can park at the end of the driveway (East gate) to the right behind the locker rooms.

Please use 3/16" needle spikes

9:00 AM Coaches Meeting

10:00 AM Field Events

Girls Long Jump followed by Girls Triple Jump (CCC)

Boys Long jump followed by Boys Triple Jump (TBA)

Boys High Jump followed by girls High Jump (Santa Fe)

Girls Pole Vault followed by Boys Pole Vault (LCS)

Girls Shot Put followed by Boys Shot Put (Fort Meade)

Boys Discus followed by Girls Discus (LV)

10:30 AM

4x800M relay

12:00 PM Running Prelims (If needed)

Girls 100M Hurdles (No prelims- 5 entered)

Boys 110M Hurdles (No prelims - 6 entered)

Girls 100M

Boys 100M

Girls 400 meter dash

Boys 400 meter dash

Girls 300m Hurdles

Boys 300m Hurdles

Girls 200m Dash

Boys 200m Dash

Running Finals 30 Min after the completion of the Prelims

Girls 100m Hurdles

Boys 110 Hurdles

100m Dash

1600m Run

4 x 100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4 x 400 Relay