



Spartan Invite

Friday, February 17, 2017

Chlapaty Recreation and Wellness Center

A.Y. McDonald Indoor Track

SCHEDULE OF EVENTS

1:55pm National Anthem

FIELD EVENTS

2:00pm Weight Throw – (M 3 flights / W 2 flights) ***Hardline: 11m for both genders**
2:00pm Long Jump – (W 1 flight / M 3 flights) Triple Jump follows (W 1f / M 1f)
2:00pm High Jump – (M 16 / W 16) *Starting heights – M 1.70M / W 1.25M*
2:00pm Pole Vault – (W 15 / M 23) *Starting heights – W 2.18M / M 2.60M*
***3:00pm** Shot Put – in 2nd ring (W 2 flights / M 2 flights) ***Hardline: 10m for both genders**

RUNNING EVENTS – WE WILL RUN ON TIME (NOT a rolling schedule)

2:00pm W 55M High Hurdle Prelims 3s
2:10pm M 55M High Hurdle Prelims 3s
2:20pm W 55M Dash Prelims 4s
2:35pm M 55M Dash Prelims 6s
2:55pm M ONLY Distance Medley Relay
3:15pm M 55M High Hurdle **FINALS**
3:20pm W 55M High Hurdle **FINALS**
3:25pm M 55M Dash **FINALS**
3:30pm W 55M Dash **FINALS**
4:00pm W 400M Dash 3s
4:15pm M 400M Dash 5s
4:35pm W 4x200M Relay 1s
4:45pm M 4x200M Relay 1s
4:55pm W Mile Run 3s
5:20pm M Mile Run 3s
5:40pm W 800M Run 3s
6:00pm M 800M Run 4s
6:30pm SENIOR DAY PRESENTATION
6:45pm W 200M Dash 5s
7:05pm M 200M Dash 6s
7:30pm W 3,000M Run 1s
7:50pm M 3,000M Run 2s
8:15pm W 4x400 Meter Relay 2s
8:30pm M 4x400 Meter Relay 3s