

Girl's Meet Schedule – Friday, March 16, 2018

FIELD EVENTS

- 4:00 Shot Put – Flights (Varsity then JV to follow) 3 throws, 9 Varsity to Finals**
4 flights Varsity / 4 flights JV
- 4:00 Varsity Long Jump – Open pit for 90 minutes - Top 9 to Finals**
– JV to follow – Open Pit for 60 minutes (3 jumps no finals)
- 4:00 Varsity High Jump – starting height 4'0"**
– JV to follow starting height 3'10"
- 4:00 Pole Vault *Exhibition* – starting height 6'**
- 8:00 Triple Jump *Exhibition* – Open pit for 60 minutes – (3 jumps no finals) follows JV Long Jump**

RUNNING EVENTS

- 4:00 4x800m Relay (Varsity then JV)**
3 sections
- 4:40 55m Dash (Varsity then JV) Top 8 times to Finals**
19 sections (10 Varsity / 9 JV)
- 5:20 55m Hurdles (33") Top 8 times to Finals**
8 sections
- 5:40 Medley Relay (Varsity then JV) – (200m-200m-400m-800m)**
8 sections (4 Varsity / 4 JV)
- 6:40 1500m Run (Varsity then JV)**
6 sections (3 Varsity / 3 JV)
- 7:20 55m Dash Finals**
- 7:25 55m Hurdle Finals**
- 7:30 400M Dash**
7 sections
- 7:55 4x200M Relay (Varsity then JV)**
9 sections (5 Varsity / 4 JV)
- 8:30 800M Run**
5 sections
- 8:55 3000M Run**
1 sections
- 9:10 4x400M Relay (JV then Varsity)**
6 sections (3 JV / 3 Varsity)

**Individual Event Champions/Relay Champion awards immediately following the event
Team and MVP trophies will be awarded after the 4x400M Relay**

