

Spartan Invitational – April 28, 2016
Order of Events

4:00 Field Events

Shot Put (Boys First; Girls Follow)

3 throws, Top 9 to Finals

Discus (Girls first; Boys follow)

3 throws, Top 9 Finals

High Jump (Girls first; Boys follow)

Girls starting height at 4'0"; Boys starting height at 5'0"

Pole Vault (Girls first; Boys follow)

Girls starting height at 6' raised 6"
Boys starting height 8' to 9' then raised 6"

Long and Triple Jump (TJ first--Boys and Girls; LJ follows—Boys and Girls)

4 jumps, No Finals

Pit Closes at 6:45 PM

4:00 Running Events (times approximate—we will go ahead of this time schedule when possible to keep the meet moving)

4:00 Girls 4x800m Relay

6:00 Boys 400m Run

4:15 Boys 4x800m Relay

6:10 Girls 300m L.H

4:30 Girls 100m Hurdles

6:20 Boys 300m I.H.

4:40 Boys 110m Hurdles

6:30 Girls 800m Run

4:50 Girls 100m Dash

6:35 Boys 800m Run

5:00 Boys 100m Dash

6:40 Girls 200m Run

5:10 Girls 4x200m Relay

6:50 Boys 200m Run

5:15 Boys 4x200m Relay

7:00 Girls 3200 Meter Run

5:20 Girls 1600m Run

7:15 Boys 3200 Meter Run

5:30 Boys 1600m Run

7:30 4x100m **Throwers** Relay (2 boys & 2 girls)

5:40 Girls 4x100m Relay

7:35 Girls 4x400m Relay

5:45 Boys 4x100m Relay

7:45 Boys 4x400m Relay

5:50 Girls 400m Run

8:00 TEAM AWARD