

Home Meet 5/2/19

Teams: Rosemount and Prior Lake (boys and girls)

Field events:

Shot/Disc:

start as close to 3:30 as possible, boys will start at shot put/girls at discus

Long/Triple:

4:00, Cafeteria style, 4 jumps

Pole Vault:

3:45 start

High Jump:

4:00 start

Running events: 4:00 start

100H/110H

100m

4x200

1600m

4x100

400m

300H

800m

200m

3200m

4x400