

Lawrence/Nelson Junior High Track Invite

Sandy Creek High School
Monday, April 13th, 2015

SCHEDULE OF EVENTS:

9:15 PM - Scratch & Add Meeting

10:00 AM
Girls Shot Put (4kg)
Boys Discus
Boys Long Jump
Girls High Jump
Girls Triple Jump
Boys Pole Vault

11:00 AM
Boys Shot Put (4kg)
Girls Discus
Girls Long Jump
Boys Triple Jump
Boys High Jump
Girls Pole Vault

All participants will be given 4 attempts NO FINALS

12:15 PM - Running Events
Girls 1600 M Run
Boys 1600 M Run
Girls 100 M Low Hurdles (30')
Boys 110 M Low Hurdles (36')
Girls 100 M Dash
Boys 100 M Dash
Girls 400 M Dash
Boys 400 M Dash
Girls 800 M Run
Boys 800 M Run
Girls 300 M Hurdles (30')
Boys 300 M Hurdles (30')
Girls 200 M Run
Boys 200 M Run
Girls 400 M Weight Relay
Boys 400 M Weight Relay
Girls 400 M Relay
Boys 400 M Relay
Girls 1600 M Relay
Boys 1600 M Relay

All Running events will be ran against time, no finals