

2016 JH DRAGON INVITATIONAL TRACK MEET

Thursday, April 21, 2016

9:30 A.M. Coaches scratch meeting in the Press box on the North Side of the track. There will be one meeting for the boys and one meeting for the girls. Please be on time so we can get started promptly. This is a scratch and add meeting. You may not add a competitor unless you scratch. We will attempt to stay on schedule. We will make adjustments where necessary.

Field Event Schedule

10:00 A.M. Girls Shot Put followed by boys
Boys Discus followed by girls
Boys High Jump followed by the girls
Girls Long Jump followed by the boys
Boys Triple Jump followed by girls
Girls Pole Vault followed by boys

Running Event Schedule

1:00 P.M. Running Events- Girls will precede the boys

300 Low Hurdles	(Girls 30"/ Boys 33")	Finals
1200 Meter Run		Finals
100 Meter Dash		Finals
400 Meter Dash		Finals
Girls 100 Meter Low Hurdles	(30")	Finals
Boys 110 Meter Int. Hurdles	(36")	Finals
800 Meter Dash		Finals
200 Meter Dash		Finals
400 Meter Relay		Finals
1600 Meter Relay		Finals

***All running events will be finals against time.