

# Lawrence/Nelson Junior High Track Invite

Sandy Creek High School

Tuesday, April 12th, 2016

## SCHEDULE OF

### EVENTS:

**9:15 PM - Scratch & Add Meeting**

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#### **10:00 AM**

Girls Shot Put (4kg)  
Boys Discus  
Boys Long Jump  
Girls High Jump  
Girls Triple Jump  
Boys Pole Vault

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#### **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

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#### **Work Assingments**

**- Field Events**  
High Jump - BDS  
Long Jump - Deshler  
Shot Put - Red Cloud  
Discus - Blue Hill  
Triple Jump - Silver Lake  
Pole Vault - SC  
Hurdles -  
LN/Superior

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**FAT timeing will be used for all running events.**

**All Running events will be ran against time, no finals**

