

Shelton Junior High Invitational Track Meet

Schedule of Events for Tuesday, May 2nd , 2017

Scratch Meeting 10:45 am Field Events 11:30 am Running Events 2:00 pm
(Earlier if field events are done)

Except for the High Jump, all events will be 4 attempts and no finals. Shot and Discus competitors will throw twice and these will be flagged and then measured. Please bring your own measuring tapes and helpers. Participants will be allowed 4 events. We do not offer the Pole Vault, but instead offer the 800 Relay to benefit more participants.

SCHEDULE OF FIELD EVENTS:

SHOT:	BOYS- SILVER LAKE	FOLLOWED BY GIRLS- DO/TRUM
DISCUS:	GIRLS-WOOD RIVER	FOLLOWED BY BOYS- FRANKLIN
HIGH JUMP:	BOYS FOLLOWED BY GIRLS	LAWRENCE/NELSON
LONG JUMP:	GIRLS FOLLOWED BY BOYS	RED CLOUD
TRIPLE JUMP:	BOYS FOLLOWED BY GIRLS	BLUE HILL

SCHEDULE OF RUNNING EVENTS:

1600 METER RUN

100 METER INTERMEDIATE HURDLES- 30" GIRLS 36" BOYS

100 METER DASH

800 METER RUN

800 METER RELAY

200 METER LOW HURDLES 30" BOYS/GIRLS

400 METER RUN

200 METER DASH

400 METER RELAY

1600 METER RELAY