

COACHES MEETING – 3:20 at the finish line area to get organized with field events.

Order of Events - All races are finals and field events are finals

Field Events 4:00

4:00 - 5:00 Girls Triple Jump - 3 attempts no finals

5:00 - 5:15 Boys warm up - workers break

5:15 – 6:30 Boys Triple Jump - 3 attempts no finals

4:00 - 5:30 Boys Long Jump – 3 attempts no finals (Boys will jump in flights. It is seeded so that the first couple flights have the students that are also in the 60 or Hurdles. **So, they should be completed before they need to even think about checking out for a race. They will be completed with jumps well before the boys 60 begins.**)

5:30 - 5:45 Girls warm up - workers break

5:45 - 7:15 Girls Long Jump - 3 attempts no finals

4:00 Girls High Jump - 4'0" Five Alive (Boys follow girls - Boys 4'10")

4:00 Boys Shot Put – 3 attempts no finals (Followed by girls – if we do not have enough help to run two circles.

4:00 Girls Shot Put - 3 attempts no finals (Follow boy's if we do not have enough help to work a second circle.)

4:00 Boys Pole Vault follow by Girls (This could be coed as well - Lodi and Port Washington coaches can discuss this as they are the only.)

Track Order 4:30

4:30 - First Heat of Boys 1600 (see meet program)

4:45 - First Heat of Girls 800 (see meet program)

The athletes in these two races are not in field events or sprints. They are 800 runners and 4x400 athletes.

5:15 - Girls 60 Hurdles and then we will go with a rolling/continuous start the rest of the way.

60 Hurdles

60 Dash

1600

400 – No blocks

800 - Alleys

200 – No blocks

1600 Relay