

**JOHN TOMICH INVITATIONAL TRACK MEET
APRIL 30th, 2022**

EVENTS

Order of running events:

10:00 am	Boys 110M Hurdles Girls 100M Hurdles	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 100M Dash Girls 100M Dash	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 1600M Run Girls 1600M Run	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 4 x 100M Relay Girls 4 x 100M Relay	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 400M Dash Girls 400M Dash	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 300M Hurdles Girls 300 M Hurdles	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 800M Run Girls 800M Run	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 200M Dash Girls 200M Dash	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 3200 M Run Girls 3200 M Run	Varsity, JV Varsity, JV	Timed Final Timed Final
	Boys 4 x 400M Relay Girls 4 x 400M Relay	Varsity, JV Varsity, JV	Timed Final Timed Final

Order of field events:

10:00 am	Girls Long Jump – South Pit Boys Long Jump – North Pit Girls Javelin - Practice field east of the grandstands Girls Pole Vault Girls High Jump Boys Shot Put – Practice field east of the grandstands Girls Discus – Practice field east of the grandstands	Varsity, JV Varsity, JV Varsity, JV Varsity, JV Varsity, JV Varsity, JV Varsity, JV
	Girls Triple Jump – South Pit Boys Triple Jump – North Pit Boys Javelin – Practice field east of the grandstands Boys Pole Vault Boys High Jump Boys Discus – Practice field east of the grandstands Girls Shot Put – Practice field east of the grandstands	Varsity, JV Varsity, JV Varsity, JV Varsity, JV Varsity, JV Varsity, JV Varsity, JV

Minimum standards for official marking

	<u>SHOT</u>	<u>DISC</u>	<u>JAV</u>	<u>PV</u>	<u>HJ</u>	<u>LJ</u>	<u>TJ</u>
BOYS	38'	100'	120'	10'	5'4"	16'	36'
GIRLS	25'	70'	70'	7'6"	4'4"	12'	26'