

HAMILTON INVITATIONAL

SCHEDULE OF EVENTS

8:30 am: Coaches and scratch/add meeting in the south warming room.

Track Events (10:30 start: jv – V)

GIRLS 100m Hurdles

BOYS 110m Hurdles

GIRLS 100m Dash

BOYS 100m Dash

GIRLS 1600m Run

BOYS 1600m Run

GIRLS 4x100m Relay

BOYS 4x100m Relay

GIRLS 400m Dash

BOYS 400m Dash

GIRLS 300m Hurdles

BOYS 300m Hurdles

GIRLS 800m Run

BOYS 800m Run

GIRLS 200m Dash

BOYS 200m Dash

GIRLS 3200m Run

BOYS 3200m Run

GIRLS 4x400m Relay

BOYS 4x400m Relay

Field Events

(9:00 start)

BOYS: Long Jump (V – jv)

Shot Put (V – jv)

Javelin (jv – V)

GIRLS: Discus (V – jv)

Long Jump (V – jv)

High Jump (jv – V)

(10:00 start)

BOYS: Pole Vault (V – jv)

(11:00 start)

BOYS: High Jump (jv – V)

GIRLS: Javelin (V – jv)

Shot Put (jv – V)

(12:30 start)

BOYS: Discus (V – jv)

GIRLS: Pole Vault (jv – V)

*We will begin BOYS and GIRLS Triple jump immediately after the conclusion of the Long Jump.