

Russ Plicher Top 10

Track and Field

WHO: Russ Plicher Top 10
DATE: April 25th
TIME: 3:45 P.M.

BOYS FIELD EVENTS

3:45 JAVELIN
LONG JUMP
DISCUS
HIGH JUMP
POLE VAULT

4:45 SHOT PUT
TRIPLE JUMP
(FOLLOWS LONG JUMP)

GIRLS FIELD EVENTS

3:45 LONG JUMP
SHOT PUT
POLE VAULT

4:45 DISCUS
JAVELIN
TRIPLE JUMP (FOLLOWS LONG JUMP)
HIGH JUMP (FOLLOWS BOYS)

RUNNING EVENTS:

| | | |
|------|---------------|-------------|
| 4:00 | 110 HURDLES | (110B/100G) |
| | 100 METERS | (B/G) |
| | 1600 METERS | (B/G) |
| | 4 X 100 RELAY | (B/G) |
| | 400 METERS | (B/G) |
| | 300 HURDLES | (B/G) |
| | 800 METERS | (B/G) |
| | 200 METERS | (B/G) |
| | 3200 METERS | (B/G) |
| | 4 X 400 RELAY | (B/G) |

Timing: Please have timers available at finish line.

Scoring: Big Sky

Spikes: Track and jumping runways... 1/8th pyramid spikes

MEET OFFICIALS

Announcer: Brad Owens

Starter Paul Fredericks

Finish Line Scott Wilson