

Sanford-Fritch High School

Thursday, April 13, 2017

8:00- 8:30 am Scratch Meeting/Implement weigh-in (Scratch/Replace only)

9:00 am 3200 meter run finals

Running Prelims

10:00 am	100 m Hurdles
	110 m Hurdles
10:15	100 m Dash
10:30	400 m Dash
10:45	300 m Low Hurdles
	300 m Int. Hurdles
11:00	200 m Dash

Field Events

	<u>PV</u>	<u>LJ</u>	<u>TJ</u>	<u>HJ</u>	<u>DISCUS</u>	<u>SHOT</u>
12:00	VB	JVB	VG	VB	VG	VB
1:00	VG	VG	VB	VG	VB	JVB
2:00	JVB	VB	JVB	JVB	JVB	VG

(Over 12 competitors we will flight with 10 minutes warmup between each flight.)

3:00 LUNCH BREAK

RUNNING FINALS (JVB, VG, VB) except hurdles

4:00	400 m Relay
4:15	800 m Run
4:30	100 m Low Hurdles
4:35	110 m High Hurdles
4:45	100 m Dash
5:00	800 m Relay
5:15	400 m Dash
5:30	300 m Low Hurdles
5:35	300 m Int. Hurdles
5:45	200 m Dash
6:00	1600 m Run
6:20	1600 m Relay

STARTING HEIGHTS ON POLE VAULT AND HIGH JUMP

Pole Vault- VG- 6-6 VB 9-0 JVB- 8-0

High Jump- VG 4-4 VB 5-4 JVB 5-0

JV boys will have only 4 attempts in LJ, TJ, Shot, and Discus. NO FINALS

Varsity division will have 3 preliminary attempts. Top 7 to finals.