

**Sanford-Fritch High School**

**Saturday, April 7, 2018**

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

**9:00 am                                3200 meter run finals**

**Running Prelims**

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

**Field Events**

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

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

**3:00    LUNCH BREAK**

**RUNNING FINALS (JVB, VG, VB) except hurdles**

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