

Cedar High Track & Field

Iron Tri Meet

3/14/2023

3:30 PM Start (Rolling Schedule)

Running Events (Girls first followed by Boys)

1600 Meter Run

400 Meter Dash

4 x 100 Meter Relay

4 x 100 Meter Throwers Relay

300 Meter Hurdles

200 Meter Dash

800 Meter Run

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

4 x 400 Meter Relay

Field Events

3:30 PM Start, Open Pit

Discus

Shot Put

Long Jump

Javelin

High Jump (Boys please don't attempt until bar is at 4'10)