

## SCHEDULE OF EVENTS

3:00 COACHES MEETING

4:00 100/110 HURDLES  
100 METER DASH  
1600 METER RUN  
4 X 100 METER RELAY  
400 METER DASH

300 METER HURDLES  
800 METER RUN  
1600 MEDLEY RELAY  
200 METER DASH  
3200 METER RUN  
4 X 400 METER RELAY

## FIELD EVENTS

3:00 BOYS JAVELIN

GIRLS DISCUS

BOYS LONG JUMP

BOYS SHOT PUT

4:00 GIRLS HIGH JUMP

5:00 GIRLS JAVELIN

BOYS DISCUS

GIRLS LONG JUMP

GIRLS SHOT PUT

BOYS HIGH JUMP