

**NORTON INVITATIONAL TRACK MEET
FRIDAY, APRIL 5, 2019**

ORDER OF EVENTS

2:45 pm Coaches Meeting

3:00 pm Javelin

M/W (throwing @ the same time, M @ the inside of the race track, W @ the softball field west of the race track)

3:30pm **Field Events**

Pole Vault W/M

High Jump W/M

EAST PIT – Men's Long Jump, Women's Long Jump, Men's Triple Jump

WEST PIT –Women's Triple Jump (alternate w/men's Pole Vault)

Discus W/M

Shot put M/W

***Long Jump, Triple Jump, Javelin, Shot Put & Discus will be 4 attempts -
No Finals***

5:30pm 4 x 800M Relay W/M

6:10pm* Running Finals

* Approximate time—finals may be earlier.

100M Hurdles W (hurdle height 33")

110 M Hurdles M (hurdle height 39")

100M Dash W/M

1600M Run W/M

4 x 100M Relay W/M

400M Dash W/M

300M Hurdles W/M (hurdle height for women 30", men 36")

Norton Senior Recognition—Track and Golf

800M Run W/M

200M Dash W/M

3200M Run W/M

4 x 400M Relay W/M

3/18/2019