

TRIPLAINS INVITATIONAL

APRIL 11TH, 2023

ALL TIMES ARE CENTRAL TIME ZONE

10:00 A.M. - Coaches/Scratch meeting

Field Events

Starting @ 9:30 A.M.

Pole Vault West Side of football field - Girls followed by Boys.

Boys Javelin South/West of track area up the street (normal area)

Girls Javelin South of track area behind the tree row

Starting @ 10:30 A.M.

EVENT	LOCATION	ORDER
High Jump	East side of FB field	Boys followed by girls
Discus	Girls West Ring Boys East Ring	Run concurrently
Shot Put	Girls North Ring Boys West Ring	Run concurrently
Boys LJ/TJ	West runway	LJ followed by TJ
Girls LJ/TJ	East runway	LJ followed by TJ

Running Finals Start at 11:30 AM

Girls races followed by boys

4 x 800 m relay

100m high hurdles (Girls 33" - Boys 39")

100 m dash

1600 m run

4 x 100 m relay

400 m dash

300 m low hurdles (Girls 30" - Boys 36")

800 m run

200 m dash

3200 m run (boys will run with girls if numbers allow)

4 x 400 m relay