

TRIPLAINS INVITATIONAL
APRIL 9TH, 2024
ALL TIMES ARE CENTRAL TIME ZONE

9:30 A.M. - Coaches/Scratch meeting

Field Events

Starting @ 9:30 A.M.

EVENT	LOCATION	ORDER
Pole Vault	West side of FB Field	Girls followed by Boys
Javelin	Boys - South/West of track area up the street (normal area) Girls - South of track area behind the tree row	Run concurrently

Starting @ 10:00 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 12:00 PM

(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