+PLAINVIEW INVITATIONAL GIRLS AND BOYS TRACK

April 5, 2019

SCHEDULE OF EVENTS

SCRATCH/ADD MEETING **12:00 P.M**. announcer’s booth (**scratches and adds must be done at this time**)

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| FIELD EVENTS  All field events will start at *12:30* | |
| Shot-put (NC) | Boys followed by Girls |
| Discus (LHNE) | Girls followed by Boys |
| Long Jump (Randolph) | Girls followed by Boys |
| High Jump (Osmond) | Girls followed by Boys |
| Pole Vault (Plainview) | Boys followed by Girls |
| Triple Jump (St. Mary’s) | Boys followed by Girls |

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| RUNNING EVENTS  ALL preliminaries except 400-meter dash, 3200 meter run, and 3200-meter relay.  Running events begin at 1:45 | |
| 3200-Meter Relay | Girls Finals |
| 3200-Meter Relay | Boys Finals |
| 100-Meter High Hurdles | Girls Prelims |
| 110-Meter High Hurdles | Boys Prelims |
| 100-Meter Dash | Girls Prelims |
| 100-Meter Dash | Boys Prelims |
| 400-Meter Dash | Girls Finals |
| 400-Meter Dash | Boys Finals |
| 3200-Meter Run | Girls Finals |
| 3200-Meter Run | Boys Finals |
| 200-Meter Dash | Girls Prelims |
| 200-Meter Dash | Boys Prelims |

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| ALL FINALS  15 Minute Break (if needed) |  |
| 100-Meter Hurdles | Girls |
| 110-Meter Hurdles | Boys |
| 100-Meter Dash | Girls |
| 100-Meter Dash | Boys |
| 800-Meter Run | Girls |
| 800-Meter Run | Boys |
| 300-Meter Low Hurdles | Girls |
| 300-Meter Int. Hurdles | Boys |
| 200-Meter Dash | Girls |
| 200-Meter Dash | Boys |
| 1600-Meter Run | Girls |
| 1600-Meter Run | Boys |
| 400-Meter Relay | Girls |
| 400-Meter Relay | Boys |
| 1600-Meter Relay | Girls |
| 1600-Meter Relay | Boys |

ROLLING SCHEDULE (WEATHER MAY DICTATE CHANGES)

Timers for Running Events

1st – Creighton/Ainsworth

2nd – Osmond/Stuart

3rd – O’Neill HS/Norfolk Catholic

4th – LHNE

5th – CWC

6th – Randolph

7th – O’Neill St. Mary’s

8th – Santee

4 x 100 M judges:

1st exchange—Randolph

2nd exchange---Ainsworth

3rd exchange---Stuart