**Tiger/Grizz Track & Field Invitational April 26 & 27, 2019**

**TENTATIVE SCHEDULE OF EVENTS\*\***

**\*\**Schedule will be rolling!!!***

**FRIDAY FIELD EVENTS: 3:00 pm Start time**
\*\****Throwing Implements will be provided, or must be weighed by a meet official***

***Boys Freshman*** *Long Jump (Girls Freshmen follow same as boys)* ***Girls Freshman*** *Shot Put (Pit #2), Boys Freshmen Follow*

***Boys Varsity*** *Shot Put (Pit #1) (Minimum measuring distance: 40’)*

***Girls Varsity*** *Discus (Minimum measuring distance: 80’)*

**Girls Varsity** High Jump (starting height: 4’8”) (Boys follow, starting height at 5’8”)

**Boys Varsity** Pole Vault (starting height: 11’) *(Girls will vault on Saturday at 10:00 am)*

**FRIDAY RUNNING EVENTS: 3:00 pm Start time *\*\*(event times are approximate)***

**2:00pm: Coaches Meeting (under the West Stadium, near the restrooms)**

**3:00pm:** Girls 3200m **FINAL**  (2 heats; fastest heat is last)

**3:30pm:** Boys 3200m **FINAL** (3 heats: Fastest heat is last)

**4:15pm:** 100/110m Hurd. PRELIM (3 **freshmen** girls heats,  5 **varsity** girls heats,  2 **freshmen** boys heat, 4 **varsity** boys heats)

**4:45pm:** 400m dash PRELIM (5 **freshmen** girls heats, 5 **freshmen** boys heats, 4 **varsity** girls heats, 6 **varsity** boys heats)

**5:35pm:** 100m dash PRELIM (6 **freshmen** girls heats, 5 **freshmen** boys heats, 5 **varsity** girls heats,  8 **varsity** boys heats)

**6:20pm:** 300m Hurdles PRELIM (**5 girls** heats followed by **5 boys** heats)

**6:45pm:** 200m dash PRELIM (**7 girls** heats followed by 8 **boys** heats)

**7:10pm:** 4x800m Relay **FINAL** (1 girls heat, 1 boys heats)

 **ESTIMATED** **FRIDAY** **FINISH TIME: 7:40pm**

**SATURDAY FIELD EVENTS: 10:00 am Start Time**

**Girls Varsity** Pole Vault (starting height: 8’)

**Boys Varsity** Discus (minimum measuring distance: 110’)

**Girls Varsity** Shot Put (Pit #1) (minimum measuring distance: 30’)

**Girls Varsity** Long Jump 14’ minimum (Girls Varsity Triple Jump Follows, 31’ minimum)

**Boys Varsity** Long Jump 19’ minimum (Boys Varsity Triple Jump Follows, 38’6” minimum)

**SATURDAY RUNNING EVENTS: 12:00 pm Start Time *\*\*(event times are approximate)***

**9:30am: Coaches Meeting (under the West Stadium, near the restrooms)**

**11:40am: Opening Ceremony**

**12:00pm:** 4x200m Relay **FINAL** (**Sectioned Finals:** 3 heats girls, followed by 2 heats boys)

**12:25:** 1600m **VARSITY GIRLS** **FINAL** (Sectioned Finals: **2 heats** varsity girls)

**12:40:** 1600m **VARSITY BOYS** **FINAL** (Sectioned Finals: **3 heats** varsity boys)

**1:00pm:** 100/110m Hurdles **FINAL** (Girls **freshmen**, girls **varsity**, boys **freshmen**, boys **varsity**)

**1:20pm:** 400m **FINAL** (**freshmen** girls, **freshmen** boys, **varsity** girls, **varsity** boys)

**1:35pm: “Miracle Mile” Exhibition 1600m Race (coaches & community members invited)**

**1:50pm:** 100m dash **FINAL** (**freshmen** girls, **freshmen** boys, **varsity** girls, **varsity** boys)

**2:05pm:** 800m run **FINAL** (Sectioned Finals: **2 heats girls**, followed by **3 heats boys**)

**2:30pm:** 4x100m Relay **FINAlS: 1x Fresh girls, 1x Fresh boys, 2x Vars. girls,  2x Vars. boys, 1x Throw girls**, **1xThrow  boys**

**3:10pm:** 300m Hurdles **FINAL** (varsity girls followed by varsity boys)

**3:20pm:** 200m **FINAL** (varsity girls followed by varsity boys)

**3:30pm:** **Coaches 200m dash Exhibition Race  (1 heat)**

**3:35pm:** Co-Ed Medley Relay **FINAL** (Sectioned Finals: 2 heats, mixed gender: 100m-G, 100-B, 200-G, 400-B)

**3:45pm:** **MASCOT RACE (record: 120-foot dash in 5.34 seconds!)**

**3:50pm:** 1600m **FRESHMAN GIRLS FINALS** (Sectioned Finals: 2 heats **freshmen** girls)

**4:05pm:** 1600m **FRESHMAN BOYS FINALS** (Sectioned Finals: 3 heats **freshmen** boys)

**4:30pm:** 4x400m Relay **FINAL** (Sectioned Finals: 2 heats varsity girls followed by 2 heats varsity boys)

**4:55pm: Final Awards, *ATHLETES OF THE MEET***