

Scott Underwood Invitational
Sanford-Jackrabbit Athletic Complex
April 1, 2024
Final SCHEDULE

Field Events

1:00 PM	B & G	Long Jump (3 flights each)
1:00 PM	G	High Jump (1 flight)
1:00 PM	G	Shot Put (cement ring-6 flights)
1:00 PM	B	Shot Put (Using the wood ring in throwing cage)
1:00 PM	B	Pole Vault-North Pit (second flight) South Pit (first flight)
4:00PM	G	Pole Vault (of start 1 hour after the boys are done) 2 pits.
4:00 PM	B	High Jump (or 45 minutes following the girls)
4:30 PM	B & G	Triple Jump (start time will be 20-30 minutes after the LJ finishes)

Running Events (Rolling Schedule-Sprint races fast to slow-Distance races slow to fast)

12:00 PM	G	4 x 800m relay	Final (1 section)
12:15 PM	B	4 x 800m relay	Final (1 section)
12:30 PM	G	100m Hurdles	Final (7 sections)
12:45 PM	B	110m Hurdles	Final (5 sections)
1:00 PM	G	100m Dash	Final (14 sections)
1:25 PM	B	100m Dash	Final (15 sections)
1:50 PM	G	1600m run	Final (3 sections)
2:15 PM	B	1600m run	Final (3 sections)
2:40 PM	G	4 x 100m relay	Final (3 sections)
2:50 PM	B	4 x 100m relay	Final (3 sections)
3:00PM	G	400m Dash	Final (11 sections)
3:20PM	B	400m Dash	Final (11 sections)
Officials Break of 15 minutes			
3:55 PM	G	300m Hurdles	Final (6 sections)
4:10 PM	B	300m Hurdles	Final (7 sections)
4:25 PM	G	800m Run	Final (4 sections)
4:42 PM	B	800m Run	Final (4 sections)
5:00 PM	G	200m Dash	Final (5 sections)
5:10 PM	B	200m Dash	Final (4 sections)
5:22 PM	G	4 x 200m Relay	Final (4 sections)
5:45 PM	B	4 x 200m Relay	Final (4 sections)
6:05 PM	G	3200m Run	Final (1 section)
6:20 PM	B	3200m Run	Final (1 section)
6:40 PM	G	4 x 400m Relay	Final (3 sections)
7:00 PM	B	4 x 400m Relay	Final (3 sections)