

La Grande Invitational

Meet Schedule

Coaches' Meeting @ 9:30 am at the control tower.

Running events will begin at 12pm and will follow a rolling schedule. Times listed next to events are just an approximation and the meet may end up ahead or behind those times. When one race ends, the next will get going as quickly as possible.

Order of Track Events:

Girls will run first for each event, followed immediately by the boys.

12:00pm
4x100m

1500m

100m

400m

100mH/110mHH

800m

200m

300mh

3000m

4x400m

Two calls will be made for each running event.

Field events will begin at 10:00am.

Field events will be separated into flights depending on the number of entries. There will be no finals.

Starting height at the pole vault will be 6 ft. Starting height for girls high jump will be 4 ft. Starting height for boys high jump will be 4ft 10in.

Order of Field Events:

Shot Put - Girls first at 10:00am. Each thrower will have 3 attempts.

Discus - Boys first at 10:00am. Each thrower will have 3 attempts.

Javelin - Boys first at 10:00am. Each thrower will have 3 attempts.

Long Jump - Girls will jump in the south pit. Boys will jump in the north pit. Both begin at 10:00am.

Triple Jump - Will begin immediately upon the conclusion of the long jump. Girls will jump in the south pit. Boys will jump in the north pit.

High Jump - Boys will jump first. Girls will jump immediately upon the conclusion of the boys.

Pole Vault - Girls will jump first. Boys will jump immediately upon the conclusion of the girls.