

Friends of Indoor Track Invitational
December 26, 2018

Field Events

9:30 AM FIELD EVENTS:

LONG JUMP Boys and Girls
TRIPLE JUMP—After Long Jumps
HIGH JUMP—Girls followed by Boys
SHOT PUT—Boys followed by Girls
***POLE VAULT—Men will go 1st at 9:45; girls will follow

Track Events

Rolling Time Schedule, Girls race first in each event followed by Boys

9:30 a.m.	Girls 3200 Meter Relay
9:45	Boys 3200 Meter Relay
10:00	Girls 55 Meter Hurdles
10:10	Boys 55 Meter Hurdles
10:20	Girls 55 Meter Dash
10:30	Boys 55 Meter Dash
10:40	Boys 55 Hurdle Final
10:45	Girls 55 Hurdle Final
10:50	Girls 55 Meter Dash Final
10:55	Boys 55 Meter Dash Final
11:00	Girls 800 Meter Relay
11:10	Boys 800 Meter Relay
11:20	Girls 1600 Meter Run
11:35	Boys 1600 Meter Run
12:00	Girls 500 Meter Dash
12:10	Boys 500 Meter Dash
12:25	Girls 1000 Meter Run
12:35	Boys 1000 Meter Run
12:50	Girls 300 Meter Dash
1:00	Boys 300 Meter Dash
1:15	Girls 3200 Meter Run Fast Section
1:30	Boys 3200 Meter Run Fast Section
2:00	Girls 1600 Meter Relay
2:10	Boys 1600 Meter Relay