

**2019 Carolyn Legard Invitational
Meet Schedule**

****this is just an estimate for planning purposes, the meet will run on a rolling schedule. Please let the timing table know of any scratches****

Girls will run first. Field events will go best seeded flight to lowest seeded flight. Running events will go fast to slow.

Field Events - 9:30 a.m.

Boys and Girls Long Jump

Boys Discus Throw

Girls Shot Put

Boys High Jump

Girls Pole Vault followed by boys. Boys will have a 45 min warm-up after the girls.

Field Events - 1:30 p.m.

Boys and Girls Triple Jump

Girls Discus Throw

Boys Shot Put

Girls High Jump

Running Events - 9:30 a.m.

9:30 AM 4x1600 Meter Relay

10:30 AM 100/110 Hurdle Relay (two hurdlers - times will be combined)

11:00 AM Swedish Relay (100-200-300-400m)

11:30 AM 4 x 800 Meter Relay

12:20 PM 4 x 200 Meter Relay

1:00 PM 8th grade 100 Meter Dash *#

1:05 PM 8th grade 1600 Meter Run *#

1:15 PM 4 x 100 Meter Relay

1:45 PM 9/10th Grade 1600 Meter Run *

2:45 PM Sprint Medley (200-200-400-800)

3:45 PM Distance Medley Relay (1200-400-800-1600)

4:45 PM Co-ed Clydesdale Relay 4x100m - Throwers only - 2 girls, 2 boys (order will be girl, girl, boy, boy)

5:00 PM 9/10th Grade 4 x 400 Meter Relay *

5:45 PM 4 x 400 Meter Relay

6:35 PM Meet concludes

If you have any 8th grade students who wish to participate, please have them show up at the check-in on 1st call - no registration is needed.

* Non-scoring events (points will not count towards team scores)