

Friends of Indoor Track Schedule 2019

11:00AM 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; girls will follow

Track Events 11:00 AM

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

11:00 AM Girls 3200 Meter Run

11:15 AM Boys 3200 Meter Run

11:50 AM Girls 55 Meter Hurdles

12:00 PM Boys 55 Meter Hurdles

12: 10 PM Girls 55 Meter Dash

12:25 PM Boys 55 Meter Dash

12:40 PM Girls 800 Meter Relay

12:50 PM Boys 800 Meter Relay

1:00 PM Girls 1600 Meter Run

1:15 PM Boys 1600 Meter Run

1:40 PM Girls 500 Meter Dash

2:00 PM Boys 500 Meter Dash

2:20 PM Girls 1000 Meter Run

2:30 PM Boys 1000 Meter Run

2:50 PM Girls 300 Meter Dash

3:05 PM Boys 300 Meter Dash

3:15 PM Girls 1600 Meter Relay

3:25 PM Boys 1600 Meter Relay

PLEASE MAKE SURE YOUR ATHLETES CHECK IN ON FIRST CALL!