

Northern Virginia Invitational

Robinson Secondary School

April 13 – April 14, 2018

****THIS IS ONLY AN ESTIMATE – THE MEET RUNS ON A ROLLING SCHEDULE AND THIS IS FOR PLANNING PURPOSES FOR COACHES, SPECTATORS AND ATHLETES****

Friday, April 13

5:00 PM Field Events:

Girls Shot Put

Boys Discus Throw

Boys Long Jump

Girls Long Jump

Girls High Jump

Girls Pole Vault

5:00 PM: Girls Distance Medley Relay (1200-400-800-1600)

5:15 PM: Boys Distance Medley Relay (1200-400-800-1600)

5:40 PM Girls 100 Meter Hurdles

5:55 PM Boys 110 Meter Hurdles

6:10 PM: Girls 400 Meter Dash

6:40 PM: Boys 400 Meter Dash

7:10 PM Girls 3200 Meter Run

7:55 PM: Boys 3200 Meter Run

8:45 PM: All Running Events Complete

Saturday, April 14

9 AM Field Events:

Girls Discus Throw

Boys Shot Put

Boys High Jump

Boys Triple Jump

Girls Triple Jump

Boys Pole Vault

10:00 AM: Girls 4 x 800 Meter Relay

10:15 AM Boys 4 x 800 Meter Relay

10:30 AM Girls 100 Meter Dash

10:55 AM Boys 100 Meter Dash

11:25 AM Girls 1600 Meter Run

12:10 PM Boys 1600 Meter Run

12:45 PM Girls 400 Meter Relay

1:00 PM Boys 400 Meter Relay

1:15 PM Girls 300 Meter Intermediate Hurdles

1:35 PM Boys 300 Meter Intermediate Hurdles

2:00 PM Girls 800 Meter Run

2:20 PM Boys 800 Meter Run

2:55 PM Girls 200 Meter Dash

3:15 PM Boys 200 Meter Dash

3:45 PM Girls 9th Grade 1600 Meter Run

4:05 PM Boys 9th Grade 1600 Meter Run

4:30 PM Girls 1600 Meter Relay

4:40 PM Boys 1600 Meter Relay

4:55 PM Running events conclude