

FRIEND JUNIOR HIGH INVITATIONAL TRACK MEET

Thursday March 29th, 2018

9:30	Coaches' Scratch & Add Meeting		
10:00	FIELD EVENTS	FIRST (10:00)	SECOND (11:30)
	DISCUS	BOYS	GIRLS
	SHOT PUT	GIRLS	BOYS
	HIGH JUMP	BOYS	GIRLS
	LONG JUMP	GIRLS	BOYS
	TRIPLE JUMP	BOYS	GIRLS
	POLE VAULT	BOYS	GIRLS
1:00	RUNNING EVENTS		
	100-METER HIGH HURDLES	PRELIMS	GIRLS
	100-METER HIGH HURDLES	PRELIMS	BOYS
	100-METER DASH	PRELIMS	
	1200 METER RUN	FINALS	
	400-METER DASH	FINALS	
	200-METER DASH	PRELIMS	
3:30	FINALS- OR 10 MINUTES AFTER PRELIMS ARE FINISHED		
	100-METER HIGH HURDLES	FINALS	GIRLS
	100-METER HIGH HURDLES	FINALS	BOYS
	100 METER DASH	FINALS	
	800 METER RUN	FINALS	
	200 METER LOW HURDLES	FINALS	GIRLS
	200-METER LOW HURDLES	FINALS	BOYS
	200-METER DASH	FINALS	
	400-METER RELAY	FINALS	
	1600-METER RELAY	FINALS	

***** THESE TIMES ARE APPROXIMATE, IF WE GET AHEAD OF SCHEDULE EVENTS WILL RUN ACCORDINGLY**