

SCHEDULE OF EVENTS

Lancaster Invitational Meet of Champions

March 9, 2012

- 3:00pm Workers' Meeting
Coaches' Meeting
- 3:30pm ***Field Events:***
Long Jump: EAST RUNWAY - VG (3 jumps), then JVG (3 jumps)
WEST RUNWAY - VB (3 jumps), then JVB (3 jumps)
High Jump: JVG, JVB, VG, VB
Shot Put: VG-3 throws top 8 to finals for 3 more throws
Discus: VB-3 throws top 8 to finals for 3 more throws
- 3:30pm 3200m Run (JVG, JVB)
Distance Medley Relay (VG, VB)
- 4:00pm Pole Vault JVG, JVB, VG, VB
- 4:30pm JV Shot Put: JVB, JVG 4 throws (Ring #2)
JV Discus: JVG, JVB 4 throws (Ring #2)
- 5:00pm Triple Jump: EAST RUNWAY - VG (3 jumps), then JVG (3 jumps)
WEST RUNWAY - VB (3 jumps), then JVB (3 jumps)
Shot Put: VB-3 throws top 8 to finals for 3 more throws
Discus: VG-3 throws top 8 to finals for 3 more throws
- 5:00 pm ***RUNNING EVENTS (Finals by Time)***
3200m Run (VG, VB)
4x100m Relay (9th G, 9th B, JVG, JVB, VG, VB)
800m Run (JVG, JVB)
4 x 800m Relay (VG, VB)
100m Hurdles (JVG, VG)
110m Hurdles (JVB, VB)
100m Dash (JVG, JVB, VG, VB)
4 x 200 Relay (9th G, 9th B, JVG, JVB)
Sprint Medley Relay (VG, VB)
400m Dash (JVG, JVB, VG, VB)
300m Hurdles (JVG, JVB, VG, VB)
4 x 200 Relay (VG, VB)
1600m Run (JVG, JVB, VG, VB)
4x400m Relay (9th G, 9th B, JVG, JVB, VG, VB)